

AVATAR

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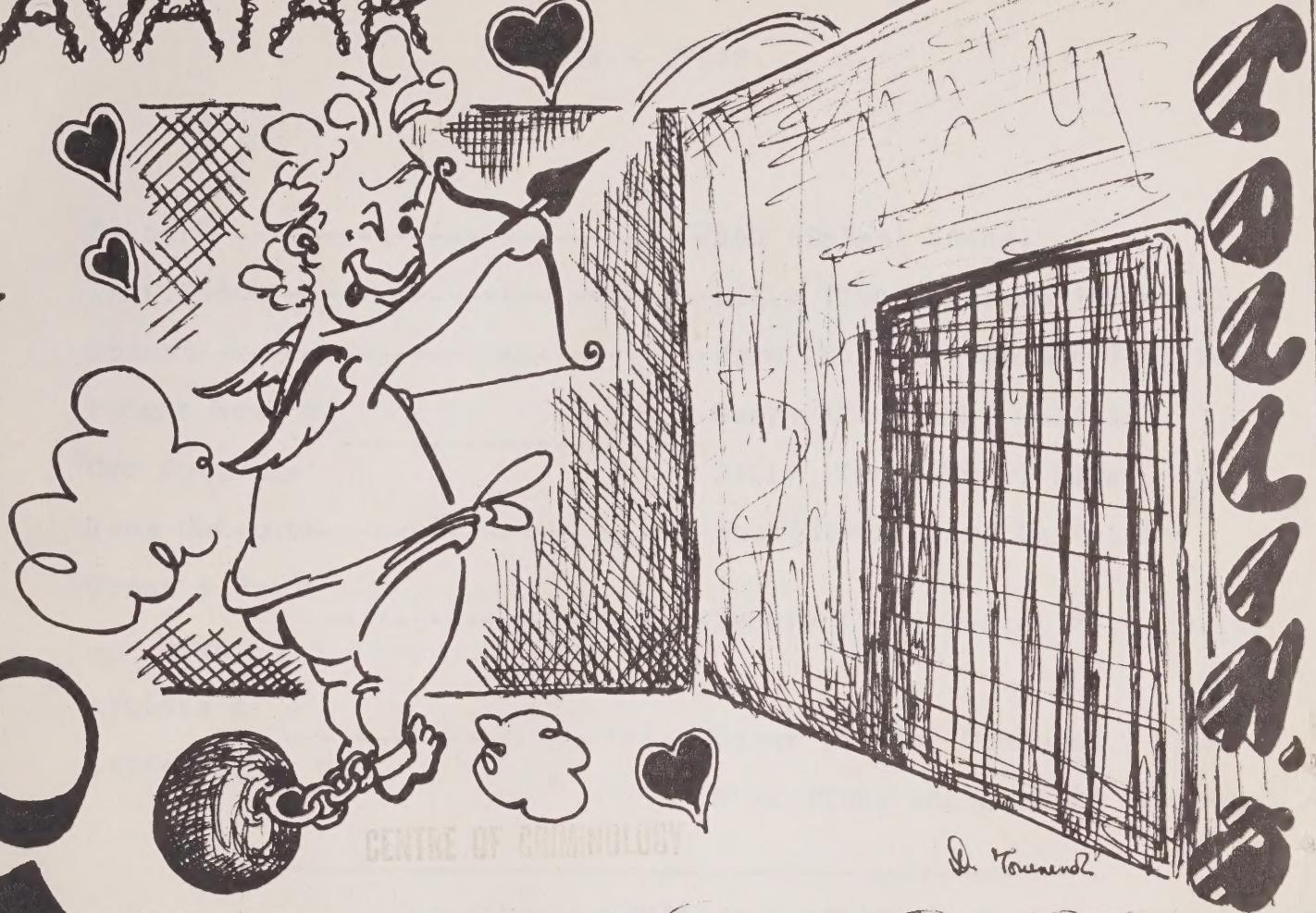
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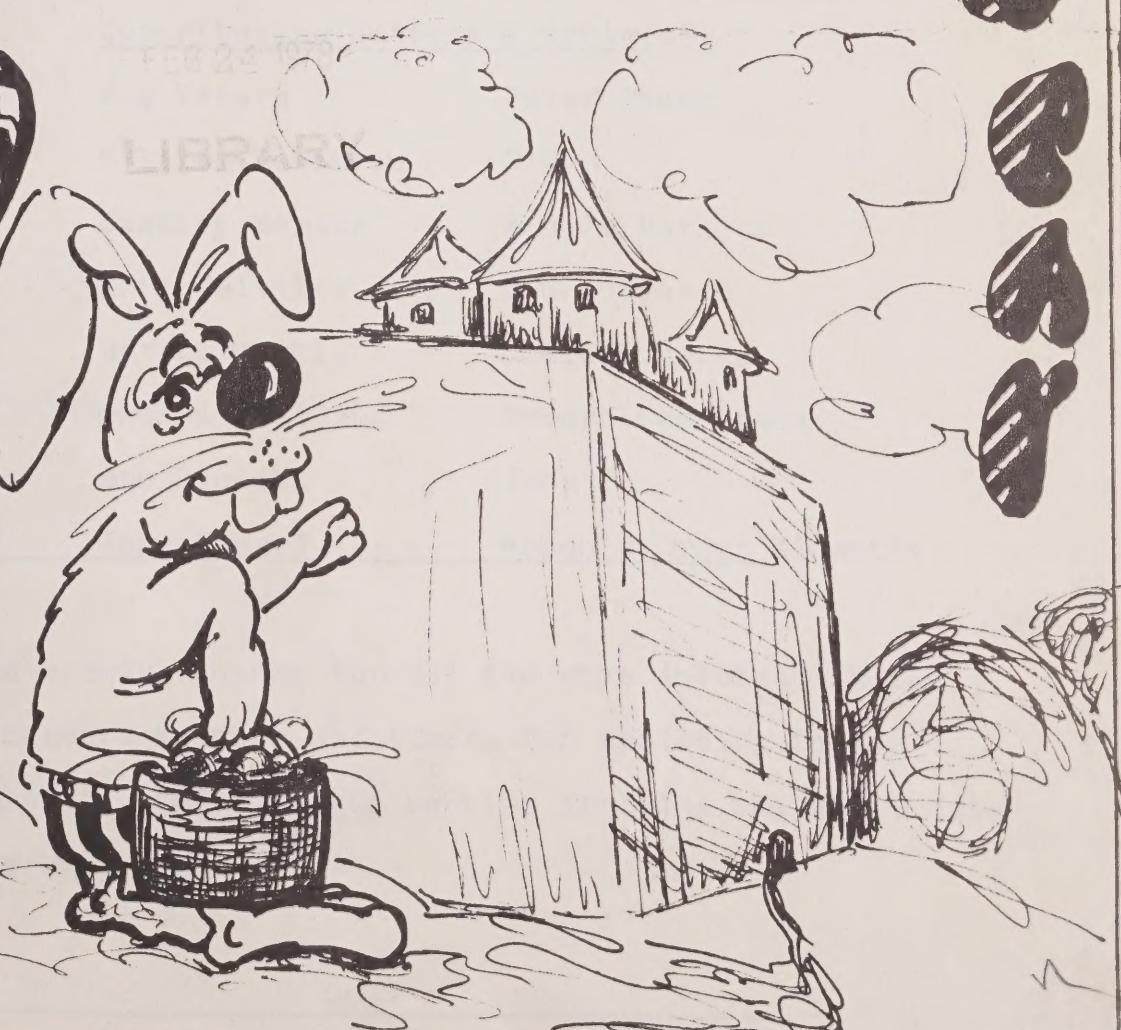


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AVATAR---STAFF

Editor-----Bob (Spike) Young.

Asst. Editor-----Billy (The Upholster) Pennell.

Sports-----Norm (Stormin' Normin') Mallette.

Weight News & -----Gerry (The Tank) Goodwin.

Gym Coverage -----Billy (The Hammer) Sugg.

News Cut-outs-----Bob (Big Bopper) Christain.

Group & Joint News -----Dennis (Stay Awake) Fitzgerald.

Artists & -----Danny (Elvis) Townsand.

Lettering -----Rick (Toke and a half) Beaudion.

Contributing Writers & Articles.

Joe Vetere	Peter Ebner
William Renstrom	Ringo
Stanley Massie	Benjie Mallett
Arty Melville	Dan Hodgeson
Robert Mathis	Louis Longpre
George Davidson	Robert Lamoureux
Bob Renault	John T.
John Howard	Woman's Group Kingston

Also a special thanks too all the guys involved in the sports, score keepers and timers for assisting in the preparation of the sports section involing the up to date league standings.

Avatar is published by inmates of Collin's Bay Institution Kingston, Ontario. Third Class postage is paid for in Canada. Permission to reprint any article is granted, provided the AVATAR, and writer are given acknowledgements.

AVATAR: an integral manifestation or embodiment of a philosophy concept, or tradition of a variant phase of a continuing basic entity; Two-fold possibility, and two-fold purpose. This paper is a continuation of a long line of papers here at the Bay and with it, we the staff, hope to breathe fresh life into an old, but often neglected philosophy.... humanism.

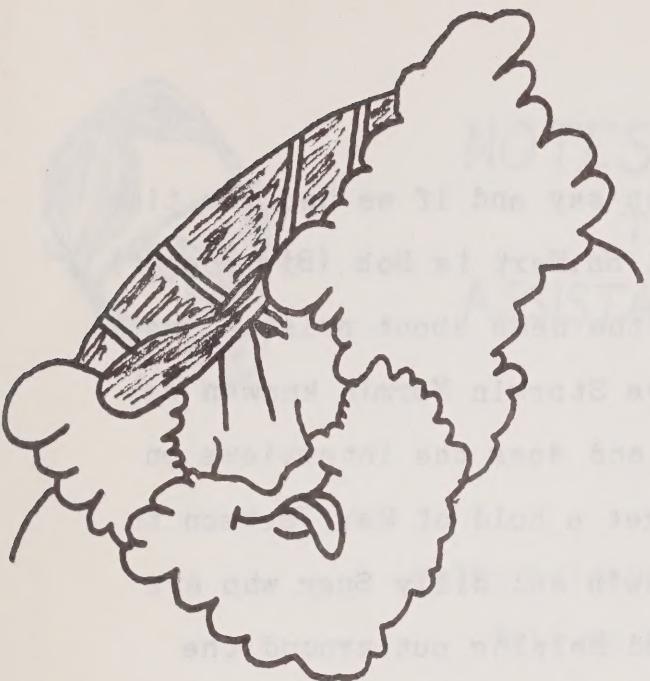
The opinions expressed in any particular article are those of the author, and not necessarily agreed with by the editorial staff. Nor do the views necessarily conform to the official views of the Solicitor General's staff, or the Bay.

Please submit articles, and forward letters to us. We want to hear from you and for us too be a success we must all work as a unit.

#####

Smile!
It will make the guards
wonder what you've
been up to.





FROM THE EDITORS DESK

Well here I am your new Avatar Editor and I will just let you my fellow cons know what to exspect from me regarding this rag. To me it is strictly our paper and I will do everything I can too make it one of the best prison papers around and instead of just a few taking all the credit we will share it equally. I will print what is up-coming in the way of movies, any new laws passed, group interviews, up-coming socials, lots of sports coverage(hopefully with action photo's?) and anything else that the population should be aware of.

Seeing as this is our very first issue and my first attempt at the coverage of prison topic's, please don't be pissed off if it isn't what I make it out to be, because once I get everybody's suggestions and find out just what my job is and my bounds of censorship there will be a paper every month delivered on the 1st or 2nd and if it is not delivered then the blame will not be on us.

On my staff helping me are eight guys who have too be considered the best damn reporters and artists going in prison and they have all pitched in and helped to put together what I feel too be one hell of a good rag. First off there is Billy(The Upholster) Pennell my assistant editor. Bill is a very easy going guy and has

some very interesting things too say and if we had the time we would be glad too listen but sorry pal.Ha.Next is Bob (Big Bonner) Christain who is the man who digs up all the news about prisons and anything else concerning cons.Then we have Stormin Normin known as Norm Mallette who is our sports reporter and does the interviews on the groups.Right now Norm is trying too get a hold of Max Jackson to compare notes.Next comes Jerry (Tank) Goodwin and Billy Sugg who are covering the weight lifters activities and helping out around the office.Next comes Dennis(Stay Awake) Fitzgerald who has the job of doing research on books in the Library and keeping me imformed of different changes around the joint.And last but not least the two men who have really worked there butts off:Rick Beaudoin and Danny Townsend the two artists.Without there help I think we would of been in a real bad spot as I would of had to do it and I am only a good tracer.

So we are a team up here in the office and everyone of us are working on the paper for one reason and thats too give you guys something too look forward too each month and too keep everyone up to date.I will print anything I have sent too me(as long as its in the censorship of good taste) so please remember its our rag and one everyone can be proud of.So thats it for now see you next issue.

Your Friend & Editor

Bob (Spike) Young.



NOTES FROM THE ASSISTANT EDITOR

Hello neighbours;

Well we got this press release on the way.

Now all of us are doing the best we can, but I want all of you to know that our Editor Curly Spike, is the backbone of the whole thing.

From coordination to creative ability. He inspires us all, so I just want too say thanks Spike, for your dedication too the joint paper.

There is no doubt in my mind he's the reason that this release will be most imforming and enlighting, (with a times a bit of crap).

Your Friend & Asst. Editor
Bill Pennell.

.....Notice to Subscriber's.....

Dear Ms,Mrs,Miss,Mr or Sir:

If there are any issue's that you are intitled to and wish to make sure you get them,please write and let me know and I will see to it that you get your correct amount of issue's.

Also anyone wishing to re-new there subscription just send another four dollars along with your name and address and you will get the paper every month.Please send a money order instead of cash(we never get to handle the bread anyway).Once I figure out this list of subscriber's and get a new master list drawen up everyone will be getting there Avatar that they have paid for and every month.

I think once everybody has read our first issue, they will agree that they are getting there money's worth and the service they deserve.So please write and let me know what you think of this rag.I want to say that I may not have a high education and my typing isn't that hot but the message is the same in any language.Thank you.

Your Friend & Editor

Spike

SELF EXPRESSION

I read a book by an inmate ,Andrea Shroeder who has put it this way, and I would like to relay this message.

Prison is a huge lightless room filled with hundreds of blind,groping men,perplexed and apprehensive and certain that the world is full of nothing but their enemies,at whom they must flail and kick each time they brush against them in the dark. Prison is a bare and bewildering marketplace in which the sellers and buyers mill about in confusion neither having the remotest idea of what to buy or sell

Prison is a composite of all those seats in the world which are obscured by pillars and beams, and from which being behind you can see neither game nor scoreboard nor attract the attention of the icecream man.

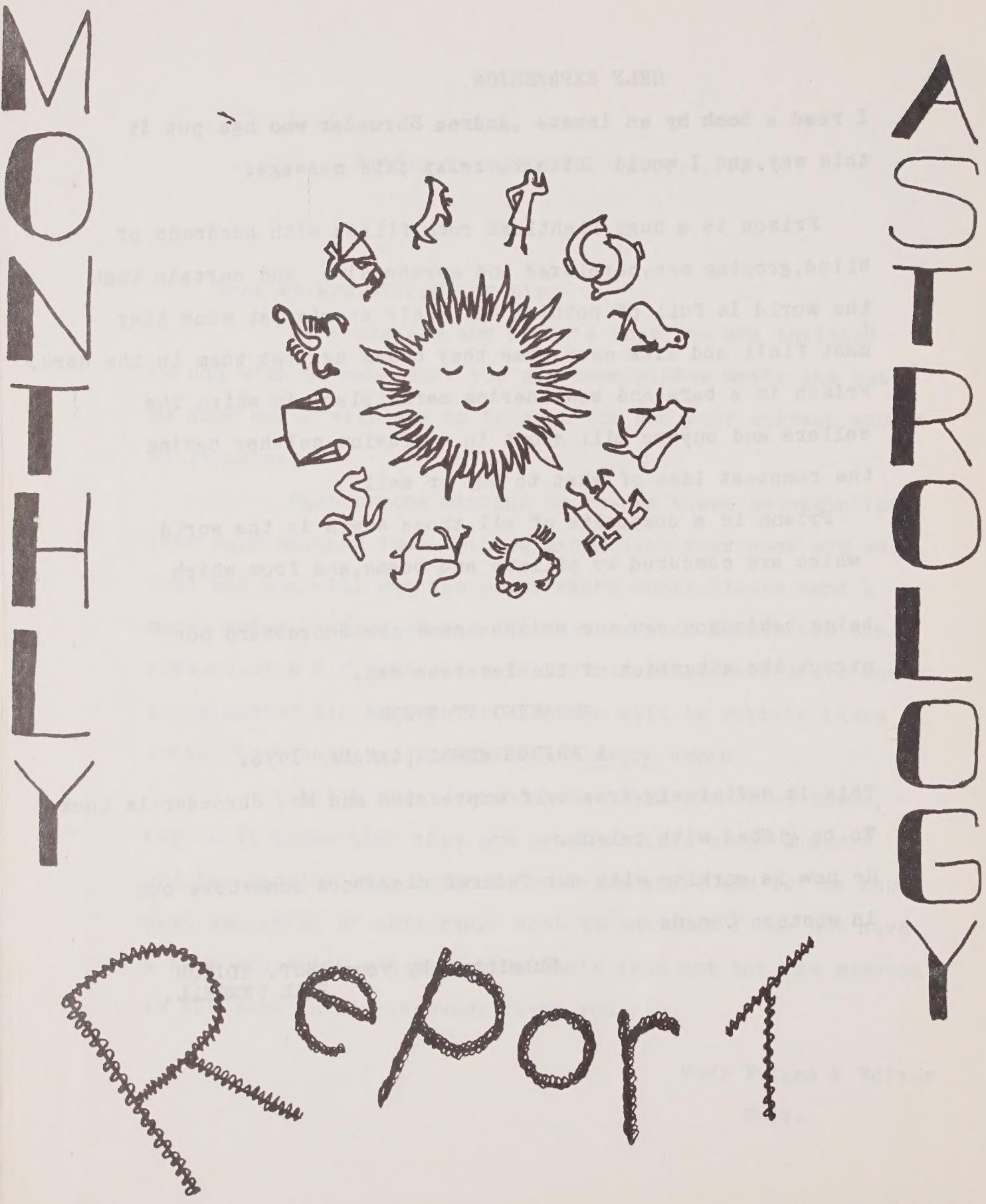
"SHAKING IT ROUGH"

A PRISON MEMOIR,CANADA 1976.

This is definitely free self expression and Mr. Shroeder is lucky to be gifted with talent.

He now is working with our federal nieghbors somewhere out in western Canada

Submitted by your ASST. EDITOR
BILL PENNELL.



AQUARIUS



20 January - 19 February

Aquarius is the eleventh sign of the Zodiac. This is the sign of the independent one, sometimes aloof but also the most humanitarian of all the signs-and the most friendly, too. Although he is represented by the Water Carrier, the Aquarian's element is air. He is attracted to all that is new, scientific and futuristic, and is thus linked with air waves and also with radio waves. His ruling planet is unconventional Uranus. The Aquarian quality is fixed, and although he may be ahead of his time, his opinions, once formed, are adhered to with surprising rigidity. The modern metal of the sign is uranium, and a scientific theme is echoed in the Aquarian colour-electric blue. His stone is the amethyst.



PISCES

20 February-20 March

Pisces is the sign of the poet, the dreamer, the inspired but impractical one, whose nature leads him to feel simultaneously swayed by opposing forces. Piscean's quality is mutable, which makes him essentially adaptable; his element, naturally, could be nothing but water. Fishes apart, here is flexibility; there may be instability and uncertainty.

Pisces offers all or nothing-divine, blessed humility or confused, deceitful nothingness. The colours of the sign are all the shades of sea-green, and the Piscean metal is tin- the metal of Jupiter, from ancient times the sign's ruling planet. However, we now have the modern planet Neptune (the sea-god himself) ruling this enigmatic sign. Piscean stones are the mysterious blood-stone and the beautiful, diffuse moonstone.

THE MORE A MAN KNOWS OF HIMSELF. THE LESS HE SPEAKS
OF IT.

RELEASE PLANNING WITH THE INMATE EMPLOYMENT SERVICE

The Inmate Employment Service is an extension of Canada Manpower, operated through the John Howard Society. It is funded mainly by Canada Manpower Centre, and also by Canadian Penitentiary Service and by the National Parole Service.

The Inmate Employment Service attempts to become involved with the inmate's release programme shortly after he arrives at the Regional Reception Centre. The Employment service encourages testing especially related to aptitude and vocational skills. It is the basic function of the Inmate Employment Service to provide the inmates and staff at the various institutions with information related to Manpower Training Programmes, apprenticeships and the employment market.

Perhaps one of the biggest reasons for failure at a job is having the wrong person in the wrong job. For instance, if one finds a job that they are not highly stimulated at, they become easily bored and quit. On the same hand, if they find a job that is too demanding and perhaps too to cope with, they find it frustrating and also end up leaving. This is where aptitude and vocational testing become an important tool when planning for the inmate's release. Through the Manpower aptitude test (General Aptitude Test Battery), the Employment Service counsellor can determine what one's aptitudes and abilities are. The employment counsellor will also contact various staff in the institutions for remarks that they may have about one's performance i.e. the shop instructor, classification officer.

Once information has been gathered by the employment counsellor and the inmate has had at least two interviews with him, a decision can be mutually agreed upon whether a referral should be made for direct employ-

ment or for retraining.

With the reference to direct employment, a great deal depends upon one's previous work history prior to incarceration. It also includes an individual's acquisition of skills when he has been incarcerated and his performance at the work location in the institution. Some are fortunate if they have had previous work experience, and if they have had they have maintained there skills while incarcerated. However, the argument is that the institution does not provide one with a real work situation and therefore, it is very difficult to know what an employer expects. Therefore, Manpower offers various training programmes one of which is on-the-job training.

Training programmes, as decided between the inmate and the employment counsellor, are often part of the inmate's overall release plan. The Inmate Employment counsellor will contact the National Parole Service on behalf of the inmate outlining their vocational occupational release plan. Both the National Parole Service and the National Parole Board are looking more carefully at individual efforts as they relate to release planning with the Inmate Employment Service. But please note one is not going to be granted a parole on the basis of a retraining programme or secured employment alone. We all know that there are many other factors that the National Parole Board consider despite the fact that individuals do have confirmed employment when they are released.

One of the major requests of the Inmate Employment counsellor is for a job when one is released. Unfortunately, the service that we provide does not include that of a readily available job. We do not have the resources to secure employment in Thunder Bay or in Windsor

prior to one's release.

The Inmate Employment Service directs its activities mainly at referring the inmate to Canada Manpower Centre with recommendations for direct employment or retraining programmes. In the case of retraining programmes, an attempt is made to organize and secure a definite spot for the inmate prior to his release. This will prevent him from going through the bureaucracy's never ending role of red tape. The Inmate Employment Service functions to short circuit that system specifically with securing appointments and organizing training programmes for the inmate prior to his release.

We can also provide information about other resources such as the Vocational Rehabilitation Service operated by the Ontario Government, and Ministry of Community and Social Services. They provide assessment for job training specifically when people are emotionally or physically handicapped. Secondly we provide information about the Ministry of Colleges and Universities as it relates to different programmes operating throughout community colleges in the province. This also includes information about registering with the Ministry of Colleges and Universities for apprenticeship programmes. Finally the Inmate Employment Service will also refer inmates to the John Howard Society if they are having difficulty in release planning.

I am sure that this brief outline creates many questions. On a individual level please direct requests to the Inmate Employment Service,

771¹ Montreal Street,
Kingston.Ontario.

K7K - 3J4

The Inmate Employment Service will also be glad to attend any group meetings to provide further information and answer any questions that individuals may have.

HERMAN



"If I'm innocent 'till proven guilty, 'why can't I buzz off to Australia and you let me know how things turn out?"



Pre-release Programmes.

by

Dan Hodgeson.

I'd like to cite here a personal experience that may help others to see the failings in this system.

The dates in this narrative might not be exact as one day blends into the next. Anyways, in May of 1977, I was transferred from Millhaven to Collin's Bay for a pre-release (supposedly). When I arrived here there were only 45 days left of my sentence before Mandatory release. I applied for a camp and was informed I didn't have enough time LEFT. I applied for a 3 day pass and this time was told I didn't have enough time in this institution. Now I had only 45 days left and this was MY answer to a resocialization programme.

I had not had a visit with my common-law-wife while in jail nor much word from my folks. Upon release (with \$135.00 in 3 years) naturally I made the rounds to say hello to all the people I thought were valuable to my staying out of here. After about two weeks the parole people informed the mother's allowance I was living with my wife and they didn't want me living off the government, so I had to move and request welfare, which meant I was still at home most of the weeks, but had a new address so everything would look good on paper nothing was said about breaking up my family.

Not too long after this the welfare stated that I had worn out my welcome and would be cut off assistance in two weeks. As I still didn't have a job or any real prospects of one, it was boiling down to where my wife and I either took our chance's with the Mother's Allowence people and live together, she could go to JAIL for this, or else I was forced to fend for myself.

What else is there to say, here I am. And all this is in the name of rehabilitation, actually I could do without the paperwork and more TRUE guidance.

And I'm only one in thousands who get manipulated in this way in order that this system can perpetuate itself.

Friends or Foes

Say Yes

all the time

Let you do things
their way.

Smile
with you
at you,

Pat your back
say nice things
to your face.

Then cage you up !

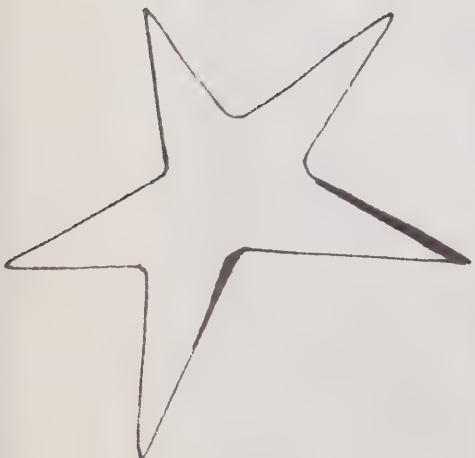
Dan Hodgson #7060
Collin's Bay Pen.

HIG



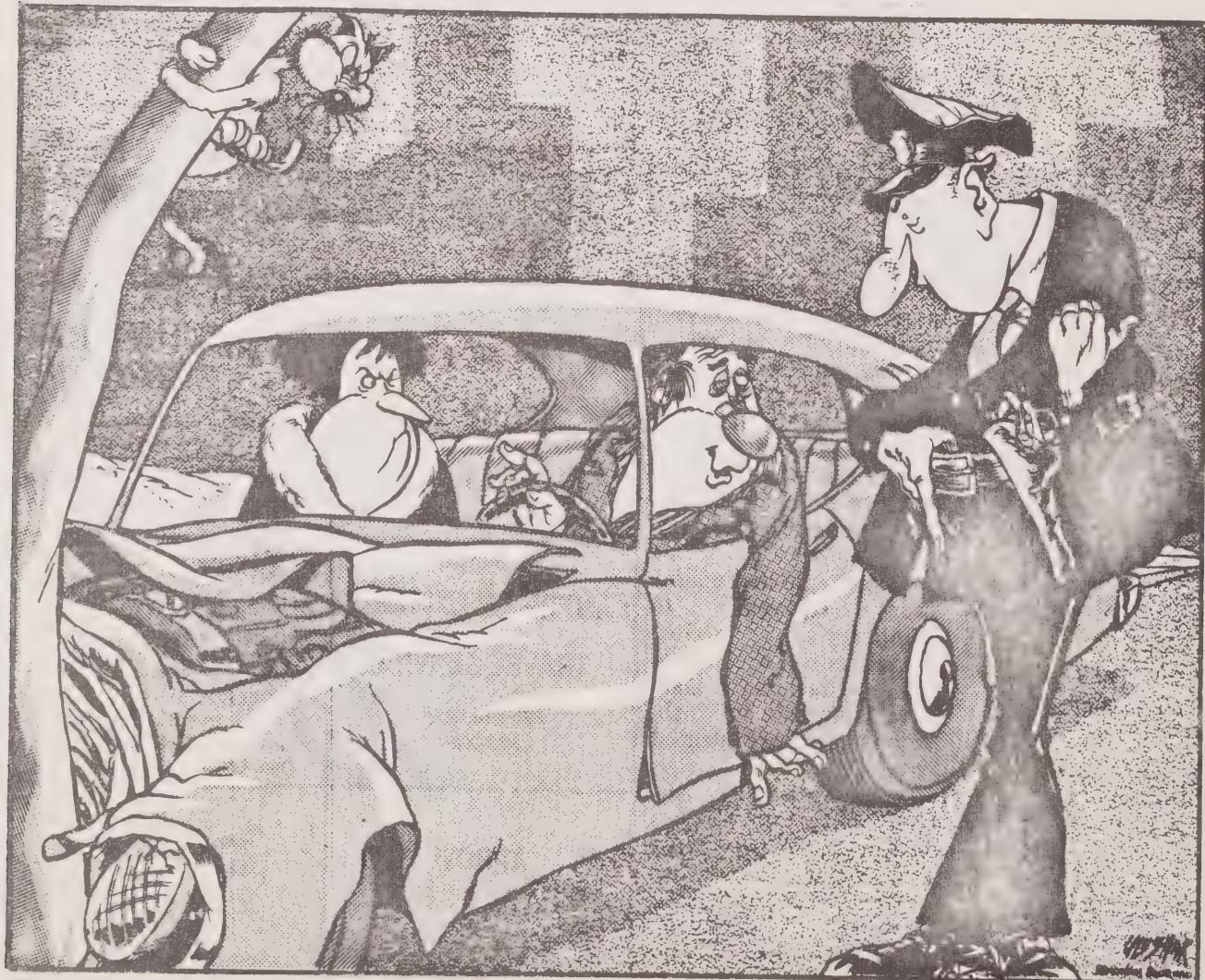
HOPPER'S

it. out





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"She drove me to drink . . . so I insisted on driving back."

— M

Death sentence for 120 crimes

By Bob Bowman

In recent years, members of Parliament have wrestled with the problem of capital punishment. People have been working for the abolition of the death sentence for more than 100 years. The assembly of Lower Canada, which began a session on January 21, 1826, passed legislation that enabled courts to abstain from imposing the death sentence in certain cases.

In those days, there were 120 crimes that carried the death penalty. For instance, an 18-year-old boy was hanged in New Brunswick for stealing 25 cents from his employer. He took the money from the till of a ginger ale plant where he worked.

In Lower Canada it was a capital offence to steal from a wharf or warehouse where ships had landed goods.

In Upper Canada until 1849 vandalism was a capital crime. The law read: "If any person or persons shall knowingly and wilfully pull down, alter, deface or remove any monument he, she or they shall be adjudged guilty of felony and shall suffer death without benefit of clergy."

The term "Monument" in this case meant boundary markers and the law was intended primarily to prevent people from altering the boundaries of land either publically or privately owned.

"Without benefit of

Flashback on Canada

clergy" meant the most strict interpretation of the law and did not deprive condemned people from receiving spiritual help.

There were other severe punishments for offences. Consistent use of profanity in early Canada sometimes led to the culprit having his tongue cut out.

Other events Jan. 21:

1757-The French defeated Robert Roger's Scouts at Ticonderoga.
1766-Jean Olivier Briand became first Bishop of Quebec after Britain took over Canada from France.

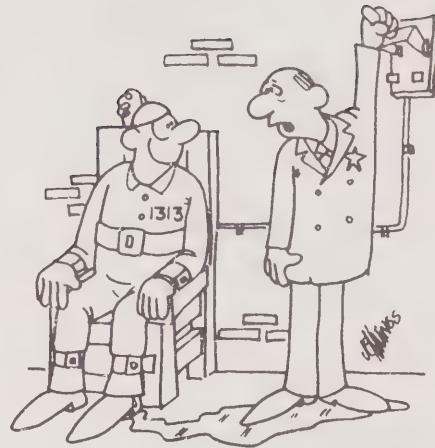
1796-General Robert Prescott became governor of Lower Canada.

1807-A Jewish citizen elected to Lower Canada Assembly was not allowed to take his seat.

1839-Acadia College was opened at Wolfville, N.S.

1871-British Columbia legislature passed resolution to join Canada.

1900-Canadian troops sailed from Halifax for South African war.



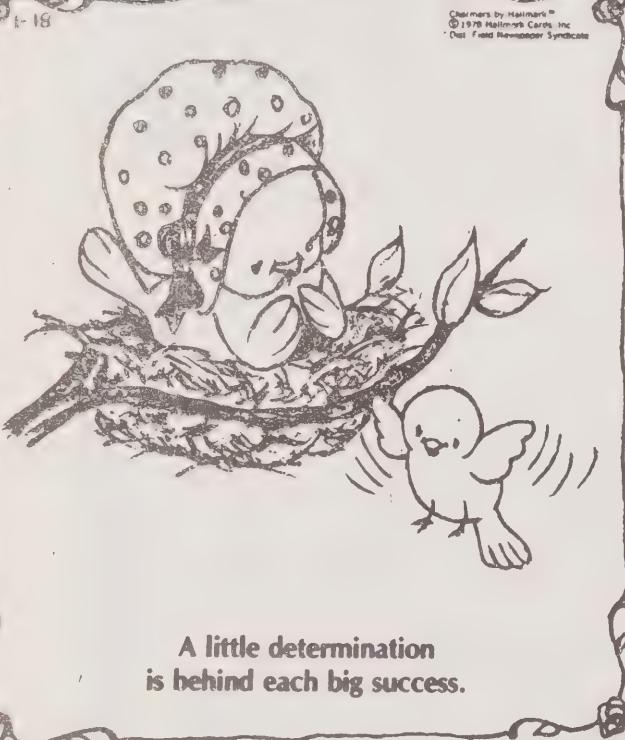
"Why are you smiling?"

IF THE GOVERNMENT HANDLED OUR WAGES THE SAME WAY AS THEY DO OIL AND GAS PRICES WE'D SOON CATCH UP ON THE COST OF LIVING.

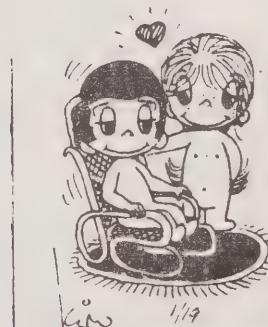


Arabs 'make bid' to buy back land

WE WOULD LIKE
TO BUY THE WEST
BANK AND THE
GAZA STRIP...WHAT'S
THE DOWN PAYMENT??



love is...



... buying him a
bentwood rocker
for his birthday.

NO, I DON'T
WANNA
SEE YOU DO
LOOP-THE-LOOP
AGAIN!

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Healing Substance: Shrinks Piles

Exclusive healing substance proven to shrink hemorrhoids and repair damaged tissue.

A renowned research institute has found a unique healing substance with the ability to shrink hemorrhoids painlessly. It relieves itching and discomfort in minutes and speeds up healing of the injured, inflamed tissue.

In case after case, while gently relieving pain, actual reduction (shrinkage) took place.

Most important of all—results were so thorough that this improvement was maintained over a period of many months.

All this was accomplished with a healing substance (Bio-Dyne) which quickly helps heal injured cells and stimulates growth of new tissue.

Now Bio-Dyne is offered in ointment and suppository form called Preparation H. Ask for it at all drug stores. Satisfaction or your money refunded.

Preparation H



"YOUR FATHER ISN'T ALLOWED VISITORS....
HE'S IN SOLITARY."

Ex-Moncton policemen avoid prison

MONCTON, N. B. (CP) — Provincial Court Judge Henry Murphy handed conditional discharges and suspended sentences plus probation to seven former Moncton policemen Friday.

In handing down sentences, Judge Murphy described the former officers as "good men who failed in a moment of weakness."

He said he considered a jail sentence for men who were policemen for so many years "cruel and unusual punishment."

Mail hunt for heroin is planned

VANCOUVER (CP) — The Royal Canadian Mounted Police may be given the right to open mail in an effort to stop heroin being mailed into Canada.

Solicitor - General Francis Fox, here for a federal-provincial meeting of cabinet ministers on the heroin problem, told a news conference yesterday that police know the heroin is coming in, but cannot do anything to stop it because they can't legally open first-class mail.

Police payoffs charged

EDMONTON (CP) — Police Chief Brian Sawyer of Calgary said Wednesday that allegations that city police accepted money from Royal American Shows to protect the midway company here was dealt with by an internal investigation two years ago.

Sawyer said there was no reason to bring up again the allegations again.

The Calgary police chief said that at the time he informed the police commission of certain allegations and of the investigation results.

Reuben Cipin, former special prosecutor for the Alberta attorney-general's department in the Royal American case, told the Laycraft inquiry he knew more than two years ago that the RCMP had learned of the cash payoff system.

The provincial inquiry, headed by Mr. Justice James H. Laycraft, is examining activities of the midway company and the investigation of its operations.

7 police guilty in thefts

MONCTON, N.B. (CP) — Four former Moncton policemen have pleaded guilty to one charge each of breaking, entering and theft, and three others have pleaded guilty to charges of theft.

Neil Trites, Gordon Crandall, George Duncan and Gerard Joseph Martin are to be sentenced tomorrow for a break-in at and theft from a business last November.

Terrence Keough, Pierre DesRoches and Paul Estey, who pleaded guilty to theft of goods valued at less than \$200, will also be sentenced tomorrow.

The former officers, ranging from 20 to 35 years, were suspended by Police Chief Greg Cohoon and dismissed by city council. Both declined explanations.

Officer charged in rape, murder police chief's salary cut by 10%

Visage™

by Don Burchett

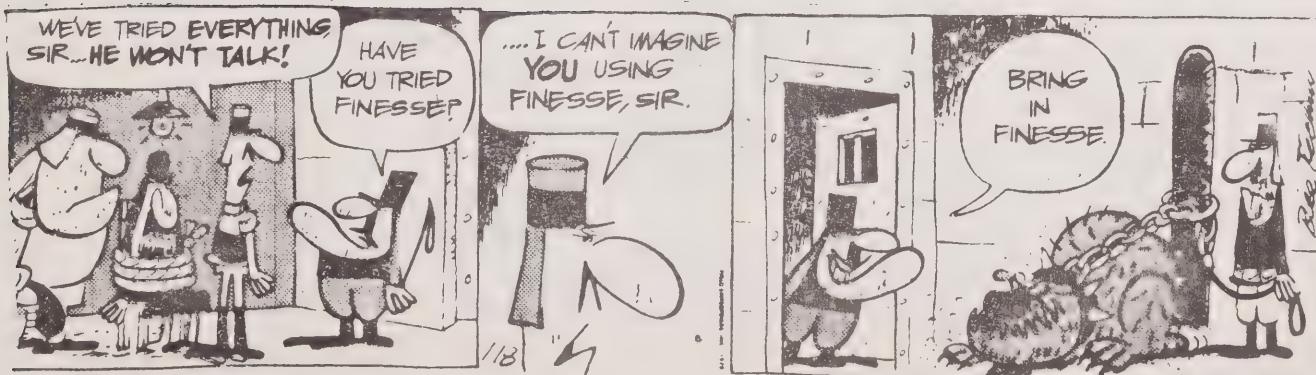


INSTRUCTIONS: Identify the famous person's face hidden in the puzzle by shading in the spaces whose numbers appear in the table below. Do them in any order. Object is to identify the person by shading as few spaces as possible. Each space shaded counts one point in your score. For the best contrast, use felt pen, ink or soft pencil.

4, 8, 12, 13, 15, 18, 19, 21, 24, 27, 31, 34, 35, 40, 42, 43, 44, 46, 47, 48, 49, 53, 54, 56, 58, 59, 61, 67, 68, 69, 70, 72, 75, 76, 78, 79.

NAME: _____ SCORE: _____

SCORE: 0-15 Excellent, 16-25 Good, 26-32 Fair, Over 32 Poor.



Court told 'sex aid' is vacuum cleaner



"It sure makes practise more enjoyable, when you have a
rubber doll to tackle instead of a old sack!"

It Happened In Canada!

THE SHORT HORNED LIZARD

LIVING IN THE CYPRESS HILLS,
ON THE SASKATCHEWAN-
ALBERTA BORDER...



SPURTS BLOOD
FROM ITS EYES
TO FRIGHTEN OFF
PREDATORS



"I'm getting pretty sick of being thought of as only a
sex object!".

ଶ୍ରୀମତୀ ରମେଶ୍



""If we pull this off, We've made burglary history!!!!

GO BOY
by ROGER CARON.

COLLIN'S BAY PRISON.

An introduction by Pierre Burton opens this autobiography of a man who has spent all his life in one prison or another, also inculding a long, demoralizing period in solitary.

The strong, dramatic story races along as his life tumbles from one tight scrape to another, disaster to disaster always out of control.

In the telling it leads us through the worst riot in the Canadian Penitentaries history, which 14 child molesters and informers were tortured and two killed by inmates. When an escape is attempted "GO BOY GO BOY" is chanted by the inmates and as the title of this book, it is singularly appropriate, because the author intends the book to serve, not only as an open examination of his life, but as a vehicle through which he can go straight.

All the elements of a gripping story are here, exciting chases and escapes, horrifying brutality and murder.

Caron has the abilities to use words which allows the reader to understand how he as an inmate feels. His account of existance in prison provides a shocking insight into an incorrigible view of authority.

My personal view of Roger as an acquaintance has shown me that he is quite discreet as a gentlemen and this book of his (in my mind) has let him undergo a transition for the better.

Submitted by

Bill Pennell

P.S. His book will be published this year by MaGraw Hill & Ryerson.

Parts of this article were from this book.

DO YOU KNOW CANADA?

1. Tweedie, Whiskey Gap, and Three Hills are all small towns in what Canadian province?

- (a) Saskatchewan?
- (b) Newfoundland?
- (c) Alberta?
- (d) P.E.I.?

2. As Barbara Ann Scott was to figure skating, so Shirley Harmer was to?

3. History question: What was the name of Queen Victoria's husband and where was he from?

4. What is couscous?

5. History question: In Canada, what did the initials TCA stand for?

6. Harold Town is one of Canada's top lawyers. True or False?

7. What is the smallest sovereign state in the world?

- (a) Luxembourg?
- (b) Vatican City?
- (c) Monaco?
- (d) Republic of San Marino?

8. Name Prime Minister Pierre Trudeau's children - in order of birth?

9. Anne Bancroft is one of America's great actresses. Name the famous person she is currently portraying on Broadway?

10. If someone gave you a toad-in-the-hole, would you:

- (a) Wear it?
- (b) Play it?
- (c) Hang it on the wall?
- (d) Eat it?

II. As George Frederick Handel is to music, so Canadian Eli Mandel is to....?

I2. Jean Vanier, son of former governor-general Vanier runs an organization called L'Arche. What is it for?

I3. When someone refers to the Big Apple, what are they talking about a dance step or a city?

I4. Political figures have nicknames too. We all know who the Chief is, but who does Cactus refer to?

- (a) Otto Lang?
- (b) Joe Clark?
- (c) Jack Horner?
- (d) Francis Fox?

I5. If you were given a "hypoestes sanguinolentata" would you have:

- (a) A tropical disease?
- (b) A Latin recipe for gingerbread?
- (c) A common house plant?
- (d) A kind of clay?

Answers on another page.

#####
#

JOHN HOWARD SOCIETY OF KINGSTON

771½ MONTREAL STREET.

KINGSTON - ONTARIO

K7K 3J4

WOMEN'S GROUP

The John Howard Society of Kingston will form a women's group for those women having a friend or member of the family in an institution.

Meetings will be held initially on Thursday evenings at 7:30 p.m. at our building. 771½ Montreal St., starting on the 26th of January, 1978.

The main theme will be support and friendship. Help will be offered on problems arising from imprisonment. Sessions will be held on such topics as parole and probation, welfare and Mother's Allowance, loneliness and social embarrassment, child rearing and behavior problems, loss of income and budget management, temporary absence from prison, and other related topics requested by the group.

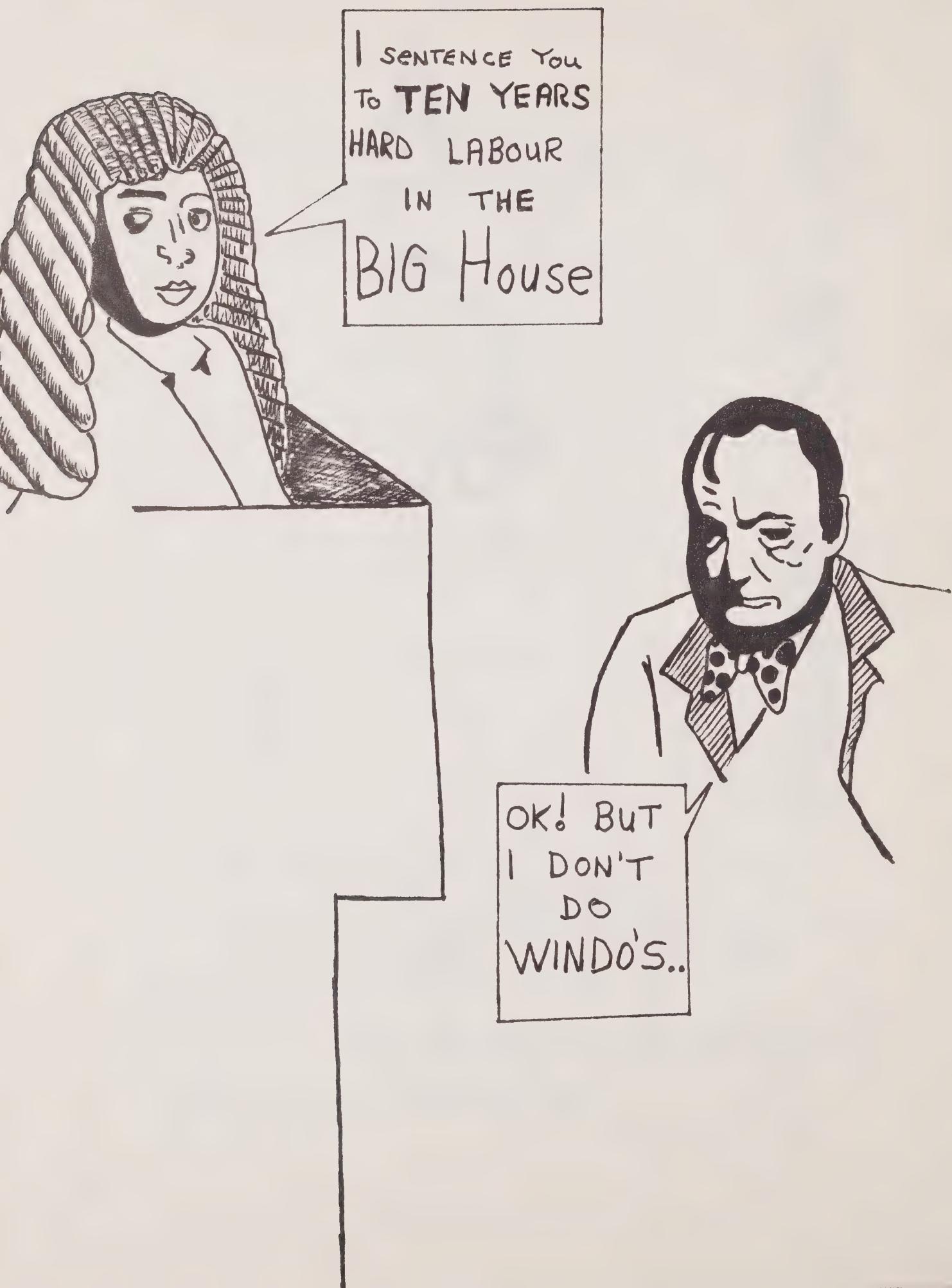
Phone Maria Neil at 542-7373, drop in to visit at 771½ Montreal St., or just turn up on January 26th.

HAPPINESS IS NOT SOMETHING YOU FIND.

IT IS SOMETHING YOU CREATE.



"I'm getting damn sick of your impersonations, Carter."



Famous Sayings by a Non-Famous Person

Spike.

What I think of love is not important;

What I think of myself is.

"A kiss is the seal of many things.

But we don't kill off those we have kissed.

"Loving two women at the same time isn't a problem.

Its a death wish.

"I don't think I could except God

If it wasn't for the loneliness that we share.

"Watching a woman shave her legs,

Is about as exciting as watching your favorite football hero doing pantyhose commercials.

"A person who falls in love with a midget

Is short on love.

"There are no lonely hours in jail

Just lonely days.

"People who are considered insane are the people who've escaped from themselves.

People who are not insane are trying hard to get there.

"A woman has but one real beauty.

She has the means of giving life.

"I write poetry to escape from my real life

I escape my poems by living others lives,

and I succeed by being honest.

#####

WONDERWORD

by JO OUELLET

HOW TO PLAY: First read the list of words then look at the puzzle. The words are in all directions—vertically, horizontally, diagonally, backwards. Circle each letter of a word found and strike it off list. The letters are often used more than once so do not cross them out. It is best to find the big words first. When you find all the words listed in the clues you'll have a number of letters over which spell the Wonderword.

CLUES

Aberdeen	Falls	Lighthouses	Puget	Stream
Apples	Feast	Lock	Puyallup	Swell
Baker	Federation	Longview		
Bass	Folk		Rakes	Tacoma
Bridges	Grain	Merits	Rivers	Teams
Canals	Harbor	Milk	Road	Totem
Cascades	Have	Mode	Rodeo	Track
Centralia	Heart	Must		Trees
Chehalis	History	News	Sage	Vancouver
Coastline	Hoquiam	Ocean	Salmon	
Coulee	Hotel	Octopi	Sawmills	Walla
Columbia	Kelso	Ohme	Seagull	Wells
Coves	Keys	Olympia	Seattle	Wheat
Dams	Lakes	Palouse	Shelton	Wyatt
Desert	Larabee	Park	Shore	
Elum	Laws	Pasco	Snake	
Enumclaw	Leavenworth	Plays	Snows	Yakima
Everett		Pond	Spokane	
			Stacks	
			Stays	
			Storage	

THE STATE OF WASHINGTON

Solution: 9 letters

N	S	E	D	A	C	S	A	C	K	T	O	N	E	E	D	R	E	B	A
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T	B	K	S	H	O	R	E	E	E	M	M	S	L	L	I	M	W	A	S
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R	E	A	U	E	P	L	O	A	S	I	E	P	A	L	O	U	S	E	T
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Wanted

Stories

Poems

Jokes.

News Headlines

For Avatar

PARDONS

THE JOHN HOWARD SOCIETY OF ALBERTA, CALGARY DISTRICT COUNCIL

1102 --- 9 St.S.W.

CALGARY, ALBERTA

How can I have my record cleared after being straight for some time?

Do I have a criminal record for the rest of my life after being convicted of a criminal offence?

If you have ever been convicted of a criminal offence, you may have found that this conviction has prevented you from being hired for a job you sought or may have stopped you from receiving bonding. After conviction of a criminal offence your name is entered on the R.C.M.P. Finger Print Section computer which provides this information to all police forces across Canada.

Providing you have not been involved in criminal activity for the required period of time and providing the National Parole Service Board votes to do so, a pardon may be granted.

ELIGIBILITY - A person is eligible to apply for a pardon two years following the date upon which the sentence for the last offence for which he has been convicted has been satisfied if the offence was a summary conviction offence. When the offence was an indictable offence the individual is not eligible to apply for a pardon for five years following the date which his sentence was satisfied. Satisfaction of a sentence does not necessarily coincide with the date on which the individual was released from incarceration. If a person is released on parole or mandatory supervision, his sentence has not been satisfied.

until he has reached his warrant expiry date. He must serve the full period of time to which he was sentenced by the court. Should a person be sentenced to less than two years, incarcerated in a provincial institution, and not be released on parole, his sentence is satisfied on his release date. He will not serve the entire time to which he has been sentenced due to statutory remission and earned remission.

When a person has received an absolute discharge, he is eligible to apply for a pardon one year from the date the discharge was given for summary conviction offences and three years from the date the discharge was given for indictable offences. When a person has received a conditional discharge, he is eligible to apply for a pardon two years following the successful completion of his term of "probation".

APPLICATION - In order for a person to apply for a pardon he must complete an application in duplicate. Applications are available from the National Parole Service or the John Howard Society. With the application, the applicant must include verification of his conviction. This is done by obtaining a copy of the conviction order from the police in the city or town where the person was convicted. The applicant is also required to supply five character references. The application is then either mailed to the Solicitor General in Ottawa, who refers it to the Parole Board, or it is left with the local National Parole Service, who forward it to the Parole Board. The applicant can expect a long wait before receiving any response from the Parole Board. If there has been no communication after six months, the applicant should contact the National Parole Service, who will investigate the delay.

INVESTIGATION - Upon receiving the application, the Parole Board requests the R.C.M.P. reports to complete the investigation. The R.C.M.P.

first contacts the applicant and then the references provided by the applicant. The M.C.M.P. reports back to the Parole Board following the completion of their investigation. On the basis of this report, the Parole Board makes a decision whether to grant the pardon and notifies the applicant as to their decision.

RESULTS OF A PARDON - Upon the granting of a pardon, police forces are notified that the person has been pardoned and are instructed to seal the criminal record of the person. This, however, applies only to the fingerprint section record. Records in the departments too small to use fingerprint recordings remain open. This is a very real shortcoming of the pardon procedure.

ADVANTAGES - Should a person appear in court on another charge following the granting of a pardon, offences committed prior to a pardon can not be brought up in court. When completing an employment application the person who has been granted a pardon should respond to a query around convictions for criminal offences by noting that a pardon has been granted and give the date on which the pardon was granted.



BONDING

THE JOHN HOWARD SOCIETY OF ALBERTA, CALGARY DISTRICT COUNCIL.

1102 --- 9 St. S.W.

CALGARY, ALBERTA

WHAT IS BONDING?

Bonding is a form of insurance required by some employers or by people working in specific types of jobs. It is designed to protect the employer against financial loss arising from criminal acts committed by a person in his employment. Should a dishonest act resulting in a financial loss be committed in the course of the job by the person who has been bonded, the employer may be re-imbursed for his financial loss by the bonding company.

TYPES OF BONDS - The most common types of bonds are Fidelity bonds and Surety bonds. Both types are actually money making. The bonding company guarantees the employer that, should any loss be incurred due to a dishonest act by one of the employees, re-imbursement will be forthcoming. The bonded employee will be required to repay the loss to the bonding company regardless of the type of his bond.

FIDELITY BONDS - Fidelity bonds cover the employer against any dishonest act by a bonded employee. The bond may be a blanket bond under which every employee is covered, or it might be an individual fidelity bond which covers specified individual employees. The blanket bond is the most common because it is more comprehensive. Occasionally an employer will have the majority of his employees covered under a blanket bond and one or two covered under an individual bond. This is often the case when an employee is an ex-offender.

In this situation, the individual is assessed yearly and his limit is raised if he is working satisfactorily. The coverage on a fidelity blanket bond can vary between \$1,000 or \$2,500 with the occasional \$5,000 or higher bond being issued. The amount of the bond depends primarily upon the type of job, how much money is being handled and the controls the employer exerts upon his financial position.

SURETY BONDS - The surety bond can be seen as a license bond or a guarantee that you will be honest with the public. It is usually required by government legislation. Tradesmen, salesmen and truck drivers are often covered by surety bonds. Surety bonds may be more difficult to obtain than fidelity bonds, because they are dependent primarily upon financial position.

METHOD - I. When an individual discovers that a bond is required by the employer, he should inquire as to which company his employer uses to bond his employees.

2. The employee should then go directly to an agent who may approach the bonding company prior to or during the investigation which is made by the company upon receipt of an application for bonding. An agent (or broker) is a representative of a firm that deals directly with the bonding or surety companies. Agents do not issue bonds but they do support applications for bonds. It is possible to go directly to a bonding company but some bonding companies prefer to work through an agent. The agent will give the client a form to fill out. (Form I)

3. The applicant should then contact his parole supervisor (or other social workers familiar with the situation) even if he is no longer under supervision. The worker should obtain written permission from the client to release confidential information from his file. This information should be related in a candid, honest letter to the agent or directly to the bonding

company. Letters from institutional social workers, correctional officers, or from any other individual who has worked with the client, can be useful as well.

4. The client will then receive an application from the bonding company. This form will include information about previous employers, financial status and references. (Form 2 and 3)

5. The applicant should submit this application along with his "letters of references" to the bonding company.

INVESTIGATION - At this point an investigation of the application will be made. At one time very intensive investigations were made involving friends, neighbours, relatives, medical and financial history. The bonding companies have since found this practise to be expensive and unnecessary. Sometimes the letter from the parole supervisor or case worker is sufficient to prevent further investigation, and the bond will be issued immediately. Often, however, the bonding company will send letters or a form (Form 4) to previous employers and references. The recommendations from John Howard or the National Parole Service, as well as other correctional agencies and from previous employers are the most valuable references an applicant can receive and often are the deciding factors.

Usually the nature of the offence will be considered in relation to the position which requires the bond. For example, an ex-offender who was incarcerated for embezzling will find it difficult to obtain a bond for a position where he will be handling money, unless several years have elapsed since the last offence.

The bonding company may also look at the applicants financial position. A man with a very low wage and a large number of dependents will have more temptation to cause a loss than a man with fewer dependents or

a larger wage.

A personal interview with the applicant may be arranged to discuss his application and recommendations.

Some bonding companies may ask for collateral in the form of money or they may require an indemnitor. The collateral is rarely the full amount of the bond applied for. If collateral is available the bonding company will freeze those assets until the bond is cancelled. The individual will still receive interest on the withheld amount. An indemnitor is someone who will sign for the applicant in event of default of the bond. If the person causes loss to his employer, the bonding company will cover the loss. If the employee cannot, in turn repay the bonding company, the indemnitor becomes responsible. Collateral or an indemnitor are not often required but can be useful if bonding is difficult to obtain.

The final decision to accept or reject an application for a bond depends primarily upon the job descriptions, type and amount of the bond applied for and recommendations. Should the applicant have a criminal record the recommendations are of utmost importance, because the bonding company is concerned with how well the applicant has adjusted since his period of incarceration. The investigation into financial and family status may also be more intense. However, if an employer is willing to employ and support an application, the bonding companies usually give every consideration to the application.

There are still some large bonding companies who hesitate to bond ex-offenders. If this should occur with an employer's bonding company, he can allow the prospective employee to be bonded with another firm. It is common practice, so bonding one individual with a different firm would not be irregular.

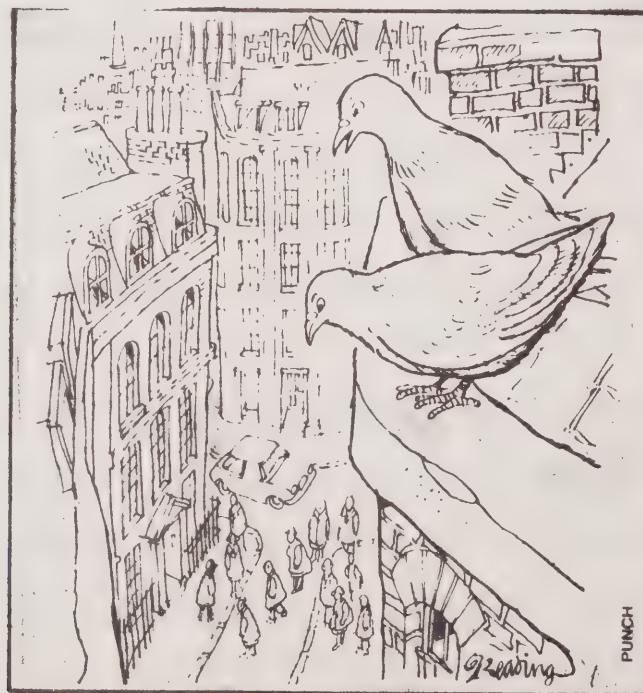
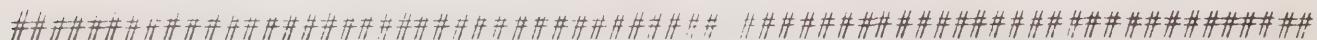
TIME INVOLVED - The investigation and issuing of the bond will take about

ten days to two weeks.

COST - The employer pays for the bond. Very occasionally, however an individual will be required to cover the cost of the bond. The rate on both a fidelity bond and a surety bond is usually \$5 per \$1,000 coverage with a minimum \$25,00 fee. Thus, if the applicant requires a \$1,000 bond he will have to pay \$25,00. If he requires a \$5,000 bond he will also pay \$25,00 at \$5,00 per \$1,000 coverage. This rate varies slightly between companies but the cost difference will not be large.

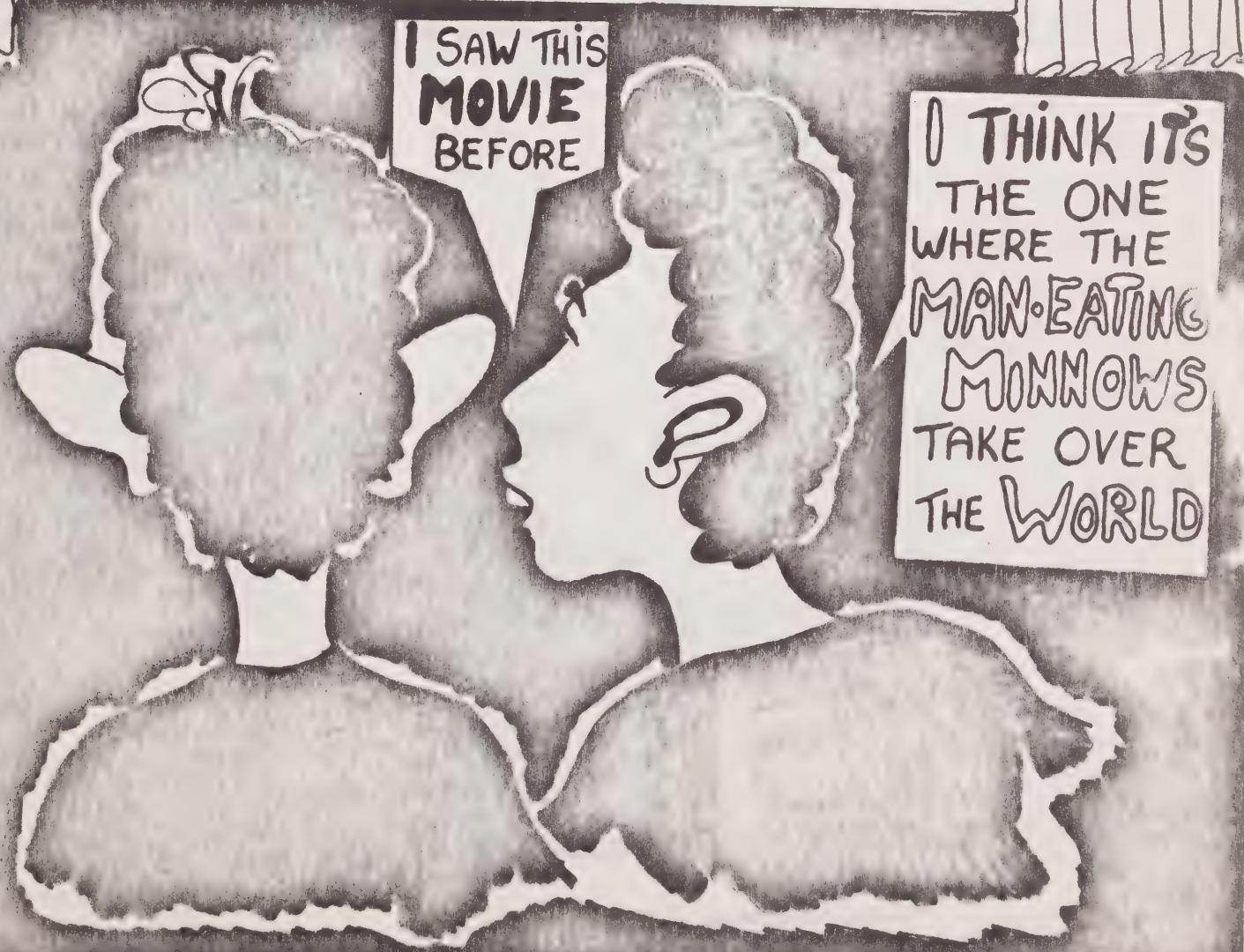
Few applications for bond are being received from ex-offenders. Large numbers of companies are requiring that their employees be bonded.

Should you be interested in learning more about bonding or if you require some assistance to obtain a bond, please feel free to call the John Howard Society. We would be pleased to help you.



"Their protective coloring sometimes makes them very difficult to hit."

UP-COMING MOVIES



New Sub-Committe

We had hoped too bring you a list of the up-coming movies this month, but we have just picked a new sub-committe and they have not had a chance too really set up properly and so in the next issue we will have a list and what the movies are about. I know that these men will do a good job and pick us a good bunch of movies to entertain us over the week-ends. The men on the sub-committe are.

Fred McKenzie

Joe Denardo

John Westley

Stewart Carr

John McKernon.



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"I haven't understood one word you said. Come back when your face gets better."

NOW SHOWING



ANSWERS TOO "DO YOU KNOW CANADA?"

I.(c)

2.Pop singer on Canadian TV in the 50's.

3.Albert,Germany.

4.A North African dish made of vegetables,steamed flour
and meat.

5.Trans Canada Airlines.

6.False.A painter.

7.(b)

8.Justin,Sacha, and Michel.

9.Golda Meir.

10.(d)It is an English dish of sausage in a batter pudding.

11.Poetry.

12.It provides homes for the mentally handicapped.

13.Both.The Big Apple was a jitterbug-like dance in the mid-
30's.It is now New York city's nickname.

14.(c)

15.(c)It is the polka-dot plant.

TO: the name of the board, executive, department head, etc., who is to receive the proposal.

FROM: the name of the group or individual presenting the proposal.

RE: the subject of the presentation, i.e.;
SHOP PROJECT
COMMUNITY PROJECT
INSTITUTIONAL PROGRAM
GROUP ACTIVITIES

SPECIFIC DETAILS CONCERNING THE PROJECT ARE AS FOLLOWS:

TENTATIVE TITLE: the proposed title or name of the program.

AUTHOR OF THE PROGRAM: the name or names of the inmates ~~who~~ who brought out the idea.

PURPOSE OF THE PROGRAM: what is the program going to accomplish and for whose benefit.

JUSTIFICATION OF THE PROGRAM: exactly how is the program going to benefit or serve whom?

** A SEPARATE, NUMBERED PARAGRAPH, WITH LETTERED SUB-POINTS AS ILLUSTRATED BELOW:

- i) for each class or group of people on the receiving end.
- ii) for each class or group of people performing the services.
- iii) general benefits and/or influences affecting the group, the inmate population and, environment society.
- iv) learning experiences, inmate and training experiences.

INSTITUTIONAL SPONSOR: name of the group, inmate organization or individual inmate who will be responsible for the program.

COMMUNITY SPONSOR: (if applicable) name of the outside group, organization or individual who will be responsible for all the commitments of the proposed program (including financing if necessary) not ~~is~~ within the scope of the usual institutional areas of responsibility.

INSTITUTIONAL LIAISON: name, official position and/or title of the staff personnel who will be overseeing the presented program.

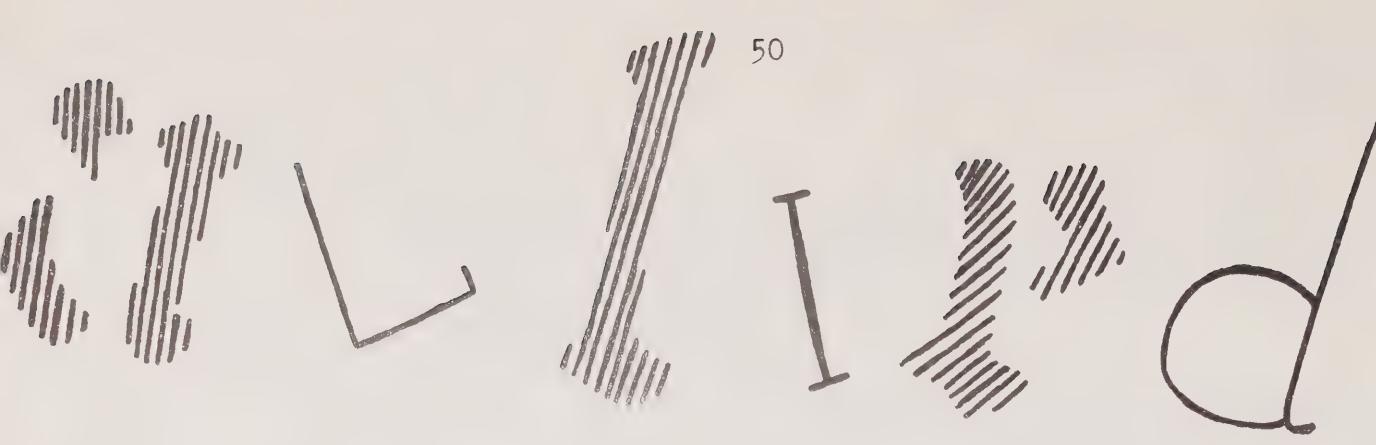
COMMUNITY: outside liaison - (if applicable) the name, address and phone number of the person, and their organization (if any) who will be responsible for overseeing the involvement and commitments of the outside sponsor.

INMATES REQUIRED: -indicate the number of inmates that will be required
-where they will be involved (inside or outside)
-the duration of their involvement
-any special or specific skills required
-whether particular inmates are name-suggested or requested, is dependent only upon the nature of the program.

T/A TIME REQUIRED: -the with/without escort question is entirely left to the Board Personnel for decision.
-in actuality every inmate is considered separately and on his own merits and, the proposal itself may or may not affect the decision of the temporary absence board.

SUMMARY: a narrative outline of the proposal- information with regard to the workings of the proposal- its history & philosophy, etc., can be summarized briefly and concisely in two or three short paragraphs.

- A) Be brief and concise- give as much details as necessary for clarity, but be careful not to paint yourself into a corner- otherwise the board may delay in making a decision.
- B) Be positive and don't state facts that can't be easily substantiated.
- C) Research your subject thoroughly and be ready to answer all questions (no exception)
- D) Attach all necessary letters, plans, etc.
- E) Seek expert advice whenever you are in doubt.



group



ALLIED GROUP

Interview with Peter Ebner, chairman of the Allied Group

Question. Can you tell us what your group consists of Peter?

Answer. The group consists of two delegates from each group, except the Native Brotherhood. Each group having one vote.

Question. Do you have any outside guests in your group?

Answer. No' but we will in the near future and these people will be steered to one of the individual groups (the group best suited for them).

Question. Do all the groups attend your Allied group?

Answer. Yes' there is full representation from all the groups.

Question. How long has your group been functioning?

Answer. Approximately 3 years, but in a hazardous way, but only due to a variety of reasons.

Question. How many members in your group?

Answer. 9 members.

Question. Who is your secretary?

Answer. Ian Tonner and our treasurer is Don Harvey.

Question. Is your group self-supporting?

Answer. Yes' we will also become supportive to all individual groups, financialy as well as coordinated over all programs.

Question. What is your primary goals for your group?

Answer. The groups primary goal is to coordinate groups and to finance needed individual groups projects for viable nature. The Allied group is also a communication link between the individual groups and administration.

Question. Is there any special project that your group is working on at the moment?

Answer. Yes' Becoming self-sufficient financially to such a degree, that we can come to the assistance of individual groups who may run into financial difficulties in finding programs as the result of the C.P.S. austerity drive.

Question. Have you any comments to put to the population?

Answer. It's our hope that the population at large will support our program to become financially self-sufficient, because this will mean that their will be less chance of a cut-back in finances alocated to other socialization such as, the sports program(for example). There will be an Easter egg chocolate drive shortly so"buy like hell!".

Well thank you Peter and the best of luck on your Easter egg sell.

DISCUSSION



GROUP

DISSCUSSION GROUP

I had interview with George Davidson of the Disscussion group.

Question.What is your main objective portaining too the group.

Answer.Objective of the group is basically self-help on all aspects of constructive information.Also education and socialization.

Question.How many inside members do you have?

Answer.There are six men in the group.

Question.How many outside members do you have in the group?

Answer.Generaly we have 4 members.

Question.Do you have guest speakers?

Answer.Yes'we have also showing of films.

Question.What takes place when you have a guest speaker?

Answer.The speaker sets different topics which we dissccuss and becomes very informative.

Question.Can anyone join this group?

Answer.The group has a constitution which limits it to only 6 six members.

Question.What benifits do you get from the group?

Answer.Its educational on any informal basis,for any field.

Some benifits we have is we try to stay away from prison issue's;(by leaving the prison issue's out of the format this leads to a very informal and relaxed atmosphere) which is in it self maybe one of the greatest benifit's of this group.

Question.Is there a waiting list?

Answer.Yes'

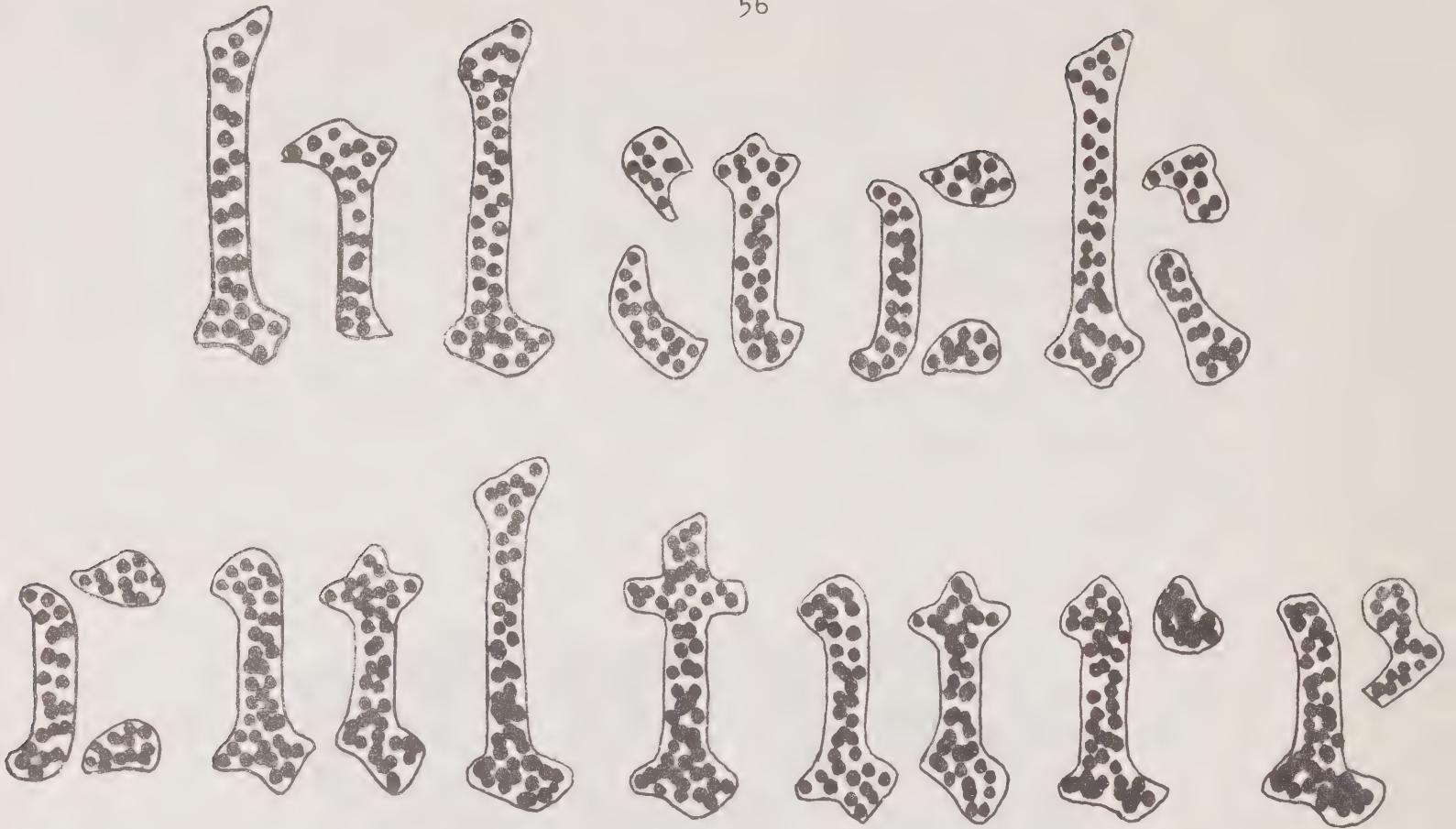
Question. Who do you contact?

Answer. George Marcotte, you can reach him in the school area.

Thank you!



*"Would you believe Marv here is doing seven to ten
in minimum security?"*



Dear Sir:

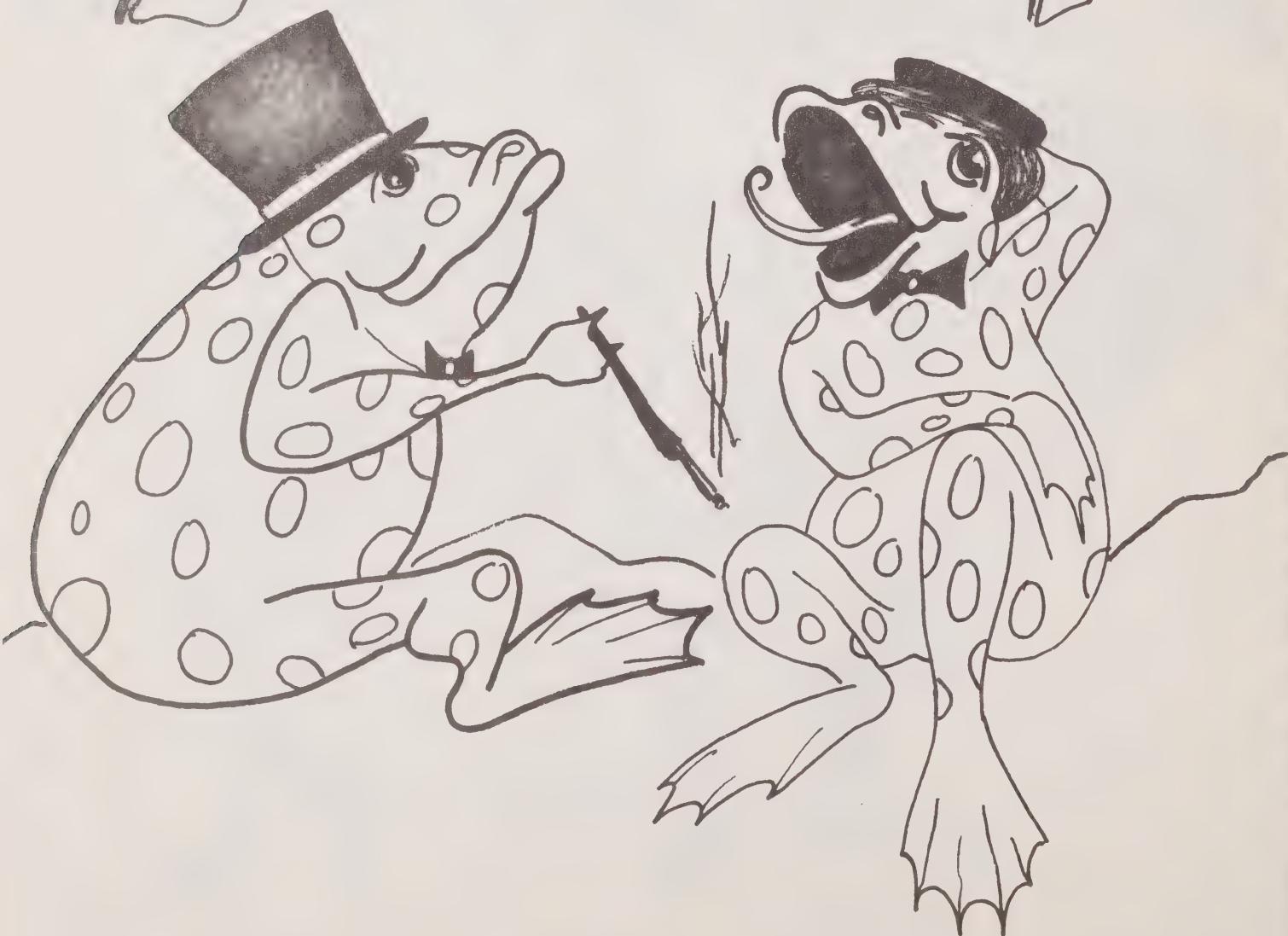
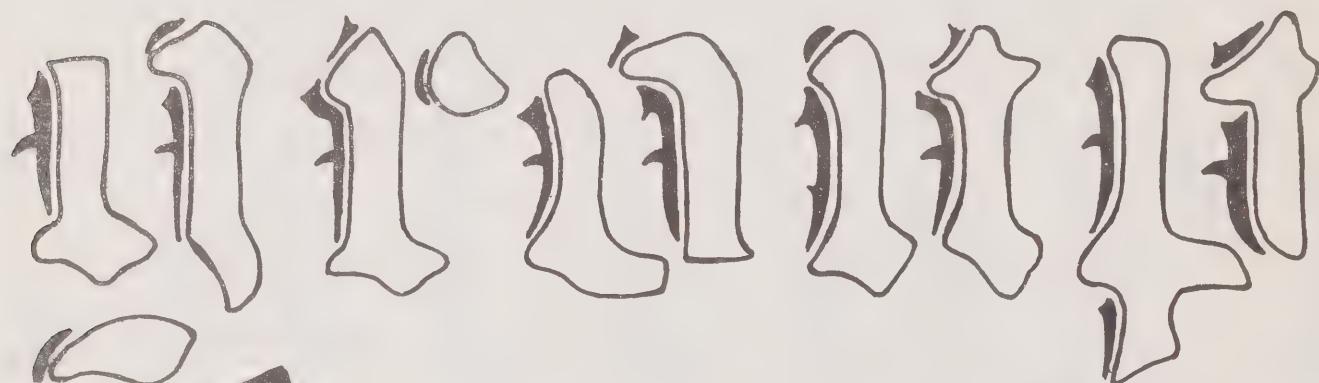
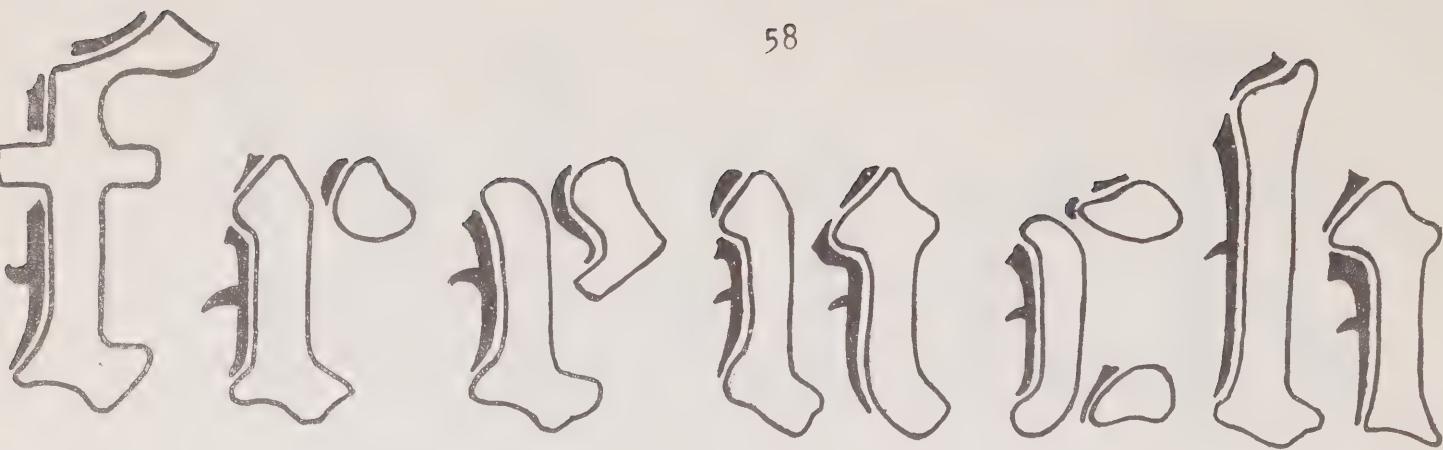
I would like to inform the general public that, the black cultural group of Collins Bay still exist as a functional body and were still striving onward.

In the past we have been plagued by the lack of outside participation. We realize that it is quite the distance to travel to this institution from any of the large urban centers, where we would find most of our support. We also aknowlege the fact that this area lacks a large number of black people or people interested in a black orientated group.

We desire group correspondence from anyone who feels they can contribute to a Black Cultural group of Canadian Inmates. Any one wishin to do so, please contact BCG to L. Judson Collins Bay Pen.

Sincerely yours

all of BCG.



RE:Le Groupe Social Francais

"The French Social Group"

- The French Social Group has been functioning, with interesting success, for a period of over five years.
- Its main goals are to maintain our culture, cultivate programs and projects for the benefit of the inmate population, create interest and energy within the group's membership, and to take an active and concentrated part in community involvement.
- We have a twenty-five group membership and for information to join the group please contact Louis Longpre (4-B-20).
- Our group is a self-help organization and operates on a non-profit basis.
- During Projects, we have a lot of outside participation so that preparations can evolve with success and by so doing the pride of the people working on the projects, shows in the final activity. There is a lot of work involved but it's all worth it in the end.

As outside participation we have the following:

- 1) Paul Fortin.....The Club Champlain--Kingston.
- 2) Les Ateliers Dominiques--Hull, Quebec.
- 3) The Penrose Center--Kingston.
- 4) Certain contacts from Queen's University--Kingston.

The only members (in/out mate) who do benefit from the group's activity/ies are those whom desire to help themselves and others. Anyone wishing information concerning the French Social Group please contact the following person...Louis Longpre 4-B-20

On behalf of the members in the group I would like to thank the entire population for their interest in the past projects we have organized,

because to be wholly honest about the projects, etc., the French Group would not have the success that it has without the active participation of this institution's population. The Group appreciates everything you have done and contributed in the past; and we hope to continue to bring constructive programs for all of us and we thank you for your devoted interest in the realization of successful projects.

Respectfully Yours,

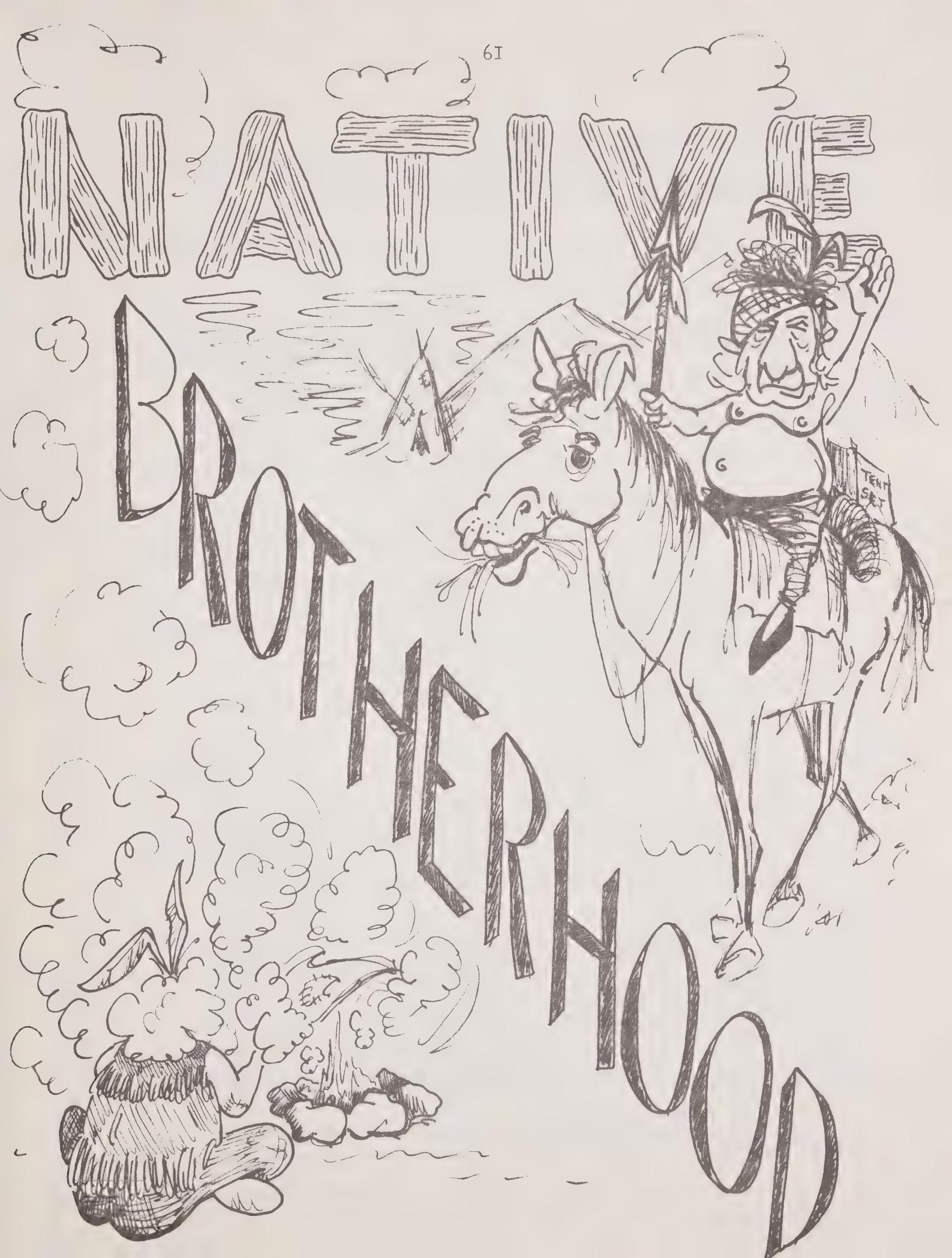
Louis Longpre

for

Le Groupe Social Francais



*"Before you start getting any ideas,
Ralph, it's only fair to warn you that I am a
distant cousin of Anita Bryant!"*



NATIVE BROTHERHOOD

Representative for Native Brotherhood-Ringo.

Hi' Ringo.

Hi' Norm.

Question. Could you give us a brief rundown on what the Native Brotherhood group is all about?

Answer. The easiest way to explain it is: For the natives to come closer to understanding the Native Culture and also to helping one another.

Question. How can an inmate profit by the Native Brotherhood?

Answer. He can learn basically what organization means and how to go about to organize such a group. To help his people either inside or outside.

Question. Do you have any organization outside?

Answer. Yes'

Question. How can you contact them?

Answer. Through Native Brotherhood or you can inquire at the Native Centres located throughout Canada. In Kingston the Allied Indian and Metis Society 200 Montreal St.

Question. Do you have any outside guests come in too speak to the Native Brotherhood?

Answer. Yes'.

Question. Does the Native Brotherhood have any set goals for the group in general?

Answer. Yes' at the moment we are working very closely with people on the outside to set up a half-way house for the natives.

Question. Is the group working on any special project at the moment?

Answer. Yes' we have are own drug and alcohol program and this program has nothing to do with the joint A.A. program.

Question. Who do you contact to get into your group?

Answer. Any member of the Native Brotherhood or see Norm McDonald in 4 block or in school area.

Question. Who is your chairman?

Answer. Norm McDonald.

Question. Do you have regular meetings?

Answer. Yes'

Question. When and where do your meetings take place?

Answer. Our meetings take place in one of the classrooms
Wed. 6 to 10.30pm (business meeting) Fri. 9 to 12 am noon
and from 1pm to 4 pm(drug and alcohol) Sat 1pm to 4 pm
(crafts).

Question. Is your group self-supporting?

Answer. There is a combination of supporters involved.

Question. Who are the people that come in to speak at your meetings?

Answer. 1. North American Indian Travelling College.

2. Hamilton's Woman Native Centre.

3. Nelson's Small Legs, Junior Foundation.

4. Allied Indian Metis Society.

5. Toronto Native Centre.

6. Traditional and Spiritual Leaders from various parts of Canada.

Question. Do you have any special comments you'd like too relate

to the general population?

Answer. We the Brotherhood think that the needs of Indians are different than the needs of other people, just as the other people are different than ours

The members of the Brotherhood are doing a good job and I would like too see it grow harmoniously.

Thank you.

Prisoners will work to clear deficit

TORONTO (CP) — Ontario convicts will work an eight-hour day to eliminate budget deficits in his ministry, Frank Drea, Ontario correctional services minister, said yesterday.

Mr. Drea told a Progressive Conservative riding association meeting the ministry will have a budget under \$116 million for the first time in years as a result of convict work programs and other cost-cutting measures.

"We'll have convicts working on the roads and in the forests cleaning up the environment," he said. "They'll be sweating and

taking on the dirty jobs most Canadians won't touch. They won't be taking anyone's work away."

He predicted convict labor will save \$10 million in the next 12 months.

Prisoners who work harder on these programs will get out of prison sooner, Mr. Drea said.

"And if they don't want to work, fine," he said. "I'll put a stopwatch on them and they'll serve every bit of their sentences, right down to the last minute."

The ministry has had convicts shovelling snow this winter for senior citizens and handicapped adults

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SALVATION ARMY

I had this interview with Robert Lamoureux the secretary of the group.

Question.What happens in a Sally Ann group?

Answer.Sharing,of friendship and Christian doctoring of personal beliefs in Christ.

Question.Do you have any outside people come into your group?

Answer.Yes'the Sally Ann people from downtown and they bring two volunteers every meeting.

Question.How does one go about getting into your group?

Answer.Apply to the chairman of our group(he lives in 4-A-22 OR contact Bobby Lamoureux 4-A-46.

Question.Who is your chairman?

Answer.Ken McFerson.

Question.What primary objectives does your group have ?

Answer.To help inmates gain a better understanding of themselves and to share Christ with them.

Question.How many participants do you have in your group?

Answer.It varies from 30 to 40 each meeting.

Question.Can the Salvation Army help inmates upon there release?

Answer.Yes'

Question.Who do you contact for outside help?

Answer.See Major Young here at the joint.(Monday nights or Wed Aft.

Question.Are there any special comments you would like too add?

Answer.Yes'this group is open to anyone in this joint.We have coffee sugar, and milk.All you have to do is come down and bring a friend and give it a try.Thank you.

SCRIPTURE GROUP

Interviewed Art Mellville who is the chairman of the group.

Question.What is the groups primary functions?

Answer.To persue a clearer path,in the hope of bettering ourselves in preparation for re-entering the outside world.Hopefully through open discussion and in-put from the outside people there is a fair exchange from outsiders and inmates which inevitable will lead to profit concerning everyone.

Question.How many acting members are presently involved in your group?

Answer.We have aproximately 25 inmates listed for the group and a static attendence of at least 15.

Question.How many outsiders?

Answer.We have about 8 outsiders attending on a regular basis. But these 8 people solicit other outsiders who have something somewhat informative they wish to share with the group who also give us the benefit of their speratic attendance.

Question.On the overall do you feel that the scripture group is really working in Collin's Bay and benefical to all concerned?

Answer.I am not sure what you mean by working but I do know it is a working source of release from the everyday crap this place sometimes seems to be.People enjoy themselves and hopefully have a chance to speak their minds without any

fear of reprocussions from those in charge of this institution.

Arty Melville

2573

Special Comments.

1. Scripture group happens every Thursday in one of the classrooms and is at 7pm.
2. The group is open to any inmate here in Collin's Bay.
3. Anyone wishing to participate please give a slip of paper with your name and number to Arty Melville 4-A-31 or to Klause in two block.



"While we were doing it in the privacy of our bedroom, a friend of my wife's, a plainclothes policeman, was watching us from the privacy of our closet."

CURSILLO

Question.What does Cursillo consist of and what is its objective?

Answer.Cursillo is a short course on Christianity and also helps your inner being(opens views on traditional religion).

Question.How do you go about getting into the group?

Answer.There are two Cursillo's a year,one in May and the other in October.(They last for three days).

Question.Who do you contact?

Answer.Stan Massie is the chairman or contact Rev.Raymond Tardiff over in the R.C.Chapel.

Question.Who is the co-ordinator?

Answer. Mike Zacharakis.

Question.Asked to Stan Massie.

Question.Stan who is the secretary of the Cursillo Group?

Answer.Benjie Mallett.

(I now direct my questions too Stan and Benjie.

Question.Who are the outside people who started this project with the inmates in Collin's Bay?

Answer.The local R.C.Church and representatives from Cursillo movement on the street downtown in Kingston.

Question.Can these people help you upon your release?

Answer.(Benjie)Yes,they give any assistance in anyway that they know will help a man upon his release.

Question.How many people attend these three day Cursillo?

Answer.(Stan)About 30 to 40 cons and 25 outside people which is held in the gym.

Question. I heard that last years Cursillo was one of the best they've ever had and could you tell us what goes on in those three days. I also heard that a few people found help and contemplation and really got a lot from it.

Answer. Every three days cursillo is primarily the same. I feel that everybody that goes to these cursillo's feel that for them the last day is always the best. Its an intensive look at the Christian doctrine and close feelings of fellowship with inmates and the outside people and its a very positive atmosphere.

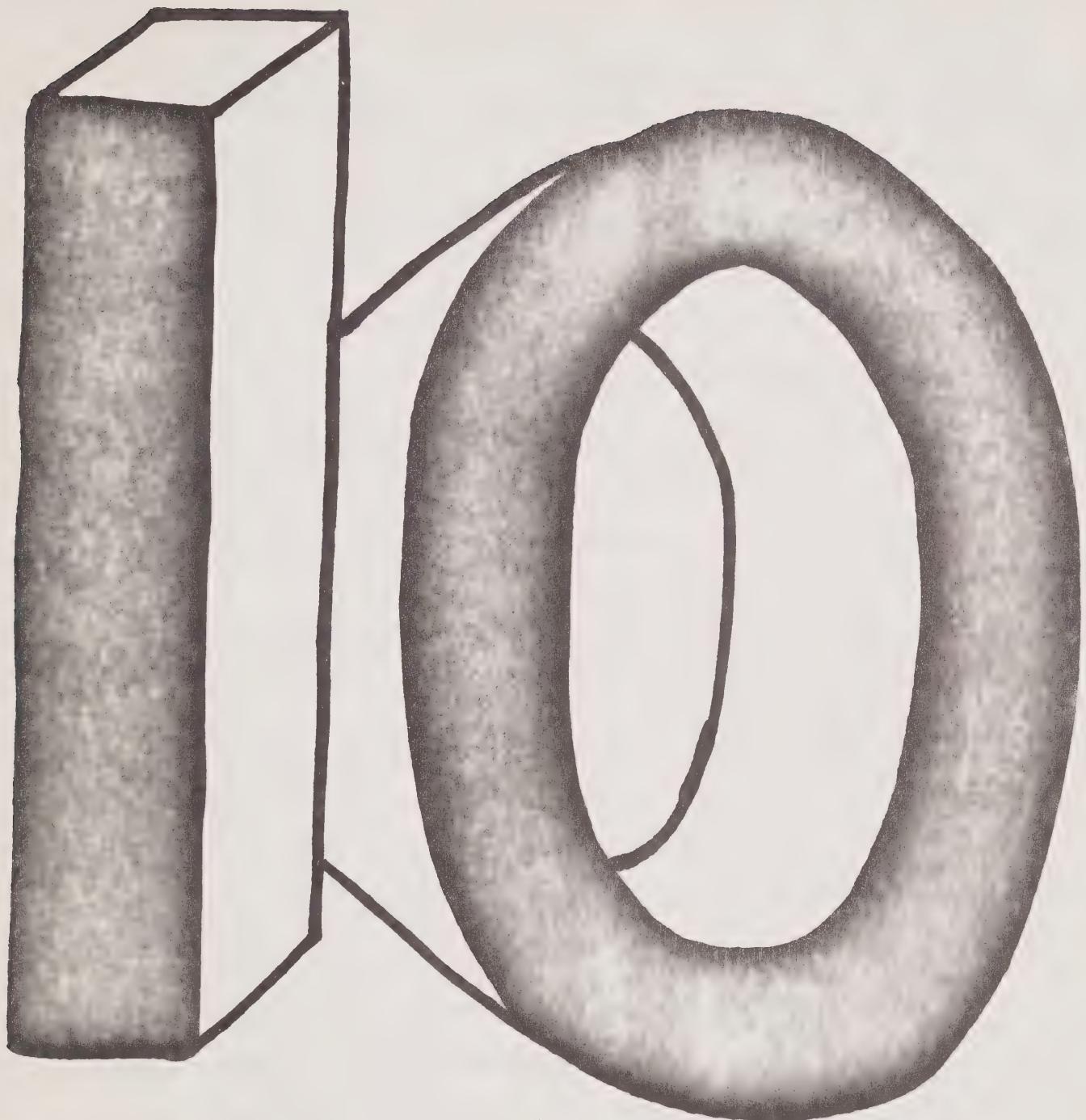
Question. Any special comments you would like to give the population?

Answer. (Benjie) The cursillo's movement is directly related to enlightening a person about Christianity but we feel that we like to do this in an atmosphere of equality as well as making it a special group.

(Stan) The Cursillo's group is not a group that tries to force Religion upon a person, but who ever attends should be reminded that it is a format and is one of a religious context. So if you want to give it a try, our best answer is to check it out. And I am sure that you will find it a rewarding experience.

The meetings are every Thursday night at 7pm in classroom #2.

Avatar. Well thank you Stan and Benjie for the interview and I am sure the men will want to look into the Cursillo group.



PLUS

IO PLUS

I had the chance of interviewing Bob Renault the chairman of the IO PLUS group and here are his comments.

Question.What does IO Plus consist of?

Answer.It consist of: to develop goals and standards needed to achieve a meaningful life and also provide contacts with many community resources and counselling agencies available to men upon there release.

Question.Does everyone in Ten Plus have there jobs and functions cut out for them?

Answer.Yes' for instance Executive offices,have to be filled by normal nomination and voting procedures.The excutive po-
sition can be obtained temporarily by excutive appointment.

Question.What does the chairman's job consist of?

Answer.To maintain a meeting format,call to order,reading and approval of minutes,give a member a fair hearing,maintain order.There are alot more things that a chairman has to do and it would take awhile too tell you all them.

Question.What is your primary objective within this group?

Answer.To bring together men serving long sentences,offering them the opportunity to share this different kind of awareness with themselves,other inmates and community at large, and to assist in lessening the prejudice and bias that exist in the community.

Question.Do you have any outside participance every week?

Answer. Yes' we have one to five outside people come in every week. Sheila Stanley(a whig standard reporter) is one of our outside guests.

Question. Is there any prospects or up coming projects that IO Plus are working on?

Answer. Yes' We are in the process of sponsoring two children from the Children's Aid who are underprivilidged. And we feel that it is a very worthwhile project too work on.

Question. Any special comments that you would like to put to the general population, Bob?

Answer. Yes' Those who are interested in IO plus could contact Don Harvey in the school area and give him their names. And we will put their names on a waiting list, for our group can only consist of twenty people. Our constitution inmate membership size is only twenty active members.

Avatar. Well thank you for your time Bob and we of the staff on the Avatar wish you all the sucess in your sponsoring of the child from the Children's Aid. Thank you.

INTERVIEW DONE BY Norn Mallette.



Before

After

MONTHLY A.A. REPORT

Each month we will try and keep everyone informed as to what's going on in the different groups here at Collin's Bay and any up coming socials. I will try to interview a different person from each group and therefore get different views and idea's as to how the group is helping or what he gets out of it. I had for my first interview the chairman of the A.A. Vision Group Robert (Grasshopper) Mathies.

Question. What is your primary objective for the participation in A.A.?

Answer. To help understand Alcoholism and how to treat it upon release. And to become a better man in the free society.

Question. Are there any outside participants involved with the Institution?

Answer. Yes.

Question. Who?

ANSWER. There is Mr. Earl Stratton who is the G.S.R (chairman for all institutions). Also people from Alliteen and Allanon (these are people who are not drinkers but their children and wives go too better understand why their Fathers and Husbands drink and how to cope with it).

Question. When do you have your meetings and where do they take place?

Answer. Every Tuesday night at 7.30 and Saturday at 1.00 in classroom #2.

Question. Are there any special events which happen at this meeting?

Answer. We have films which relate to people with drinking problems and also how they can seek help for it.

Question. Do you have many outside people come in and if so what do they do at the meetings?

Answer. The people who come in are members of A.A. and we have one or two as are guest speaker each meeting.

Question. What do these speakers talk about?

Answer. They tell how alcohol has effected there lives and what they have done too stop drinking.

Question. Would you like too make any comments too the population?

Answer. If any person in the institution feels that they have a drinking problem or drug problem and want too seek help in beating it they are welcomed to come too the meetings and ~~see~~ for themselves what goes on. (Note. Coffee and the rest is already down there and cups too. Just bring your body also a pal if you wish).

Question. Is that it for now?

Answer. Yes.

INTERVIEW DONE BY NORM MALLETTE.

You thought
 You Had
 it
 Rough



THIS IS DEDICATED TO THOSE WHO HAVE
COME TO THE MISFORTUNE OF TIPPING -
THE TANKARD OF TORTURE.

I once had a drink or two;
Made me feel sort of swell,
Now, if I do a drink or two,
It puts me through living hell.

There's those who please
To shoot the breeze; and have
a spot of brew.

Well not this dude
I get quite crude.
But then I never knew!
Don't turn away or change these moods.

It's all inside your head.
If when you drink, and gloom intrudes.
Your problems will only be fed
I know and see, the problem with me.
The remedy?
It's sobriety'

Asst. Editor

Billy Fennell



DID YOU FORGET ??

DID YOU FORGET TO LAUGH TODAY,
DID YOU FORGET TO SMILE,
AND LIGHTEN SOMEONE'S TROUBLES,
EVEN FOR A LITTLE WHILE,
DID YOU FORGET TO SING TODAY,
AND LET YOUR WHOLE WORLD RING,
WITH A DEEPLY FELT EXPRESSION,
OF YOUR JOY IN EVERYTHING,
DID YOU FORGET TO WALK TODAY,
IN SOMEONE ELSE'S SHOES,
TO REVEL IN THEIR HAPPINESS,
AND UNDERSTAND THEIR BLUES,
DID YOU FORGET TO WORK TODAY,
TO LEND A HELPING HAND,
BECAUSE SOMEONE ELSE'S PROJECT,
WAS MUCH BIGGER THAN YOU PLANNED,
WELL, IF YOU DID FORGET ALL THESE THINGS,
WE ALL DO NOW AND THEN,
THERE WILL ALWAYS BE A TOMORROW,
FOR REMEMBERING THEM AGAIN.....

WRITTEN BY: SONNY S. SOBEL,
COLLINS BAY INSTITUTION.

LEAVE SOMETINGS FOR TOMORROW

LEAVE A FEW THINGS FOR TOMORROW,
DON'T LIVE YOUR WHOLE LIFE IN ONE DAY,
A GAP HERE AND THERE IN THE IN THE SCHEDULE YOU KEEP,
IS A BLESSING, I'D NOT TURN AWAY,
A DAY FILLED FROM MORNING UNTIL SUNSET,
WITH THINGS PLANNED RIGHT DOWN TO THE WIRE,
LEAVES NO ROOM FOR SPUR-OF-THE-MOMENT EVENTS,
OR THE QUIET TIMES, THAT WE REQUIRE,
SO LEAVE A FEW THINGS FOR TOMORROW,
SOME PLAYING AND WORK TIME TOO,
IF THERE'S A GAP HERE AND THERE IN THE THINGS THAT YOU DO,
THEN-A HAPPY TOMORROW TO YOU.....

WRITTEN BY: SONNY S. SOBEL,
COLLINS BAY INSTITUTION.

BEING FREE

ANOTHER DAY IS HERE, AND IT WILL SLOWLY PASS,
I SOMETIMES FEEL AS IF, WE'RE LIVING IN A FISH-GLASS,
FOR WE SEEM TO BE GOING AROUND IN A SORT OF CIRCLE,
NOT KNOWING WHERE IT SEEMS TO BEGIN, OR EVER ENDS,
NO ONE WANTS TO EVEN, A HELPING HAND, LEND,
WHENEVER YOU ASK A QUESTION, TO ANYONE,
THEY NEVER GIVE YOU AN ANSWER, AND TRY TO MAKE FUN,
OF THE THINGS, THAT ARE VERY IMPORTANT TO YOU,
AND THE TIME NEVER SEEMS TO GET THROUGH,
SO I GUESS, THAT'S THE WAY, THINGS ARE IN HERE,
AND NO ONE EVER KNOWS, WHEN THEY ARE FAR OR NEAR,
AWAY FROM THINGS, THAT ONE MUST KNOW,
IF AWAY FROM HERE, WE WILL EVER GO,
THE FRUSTRATIONS, WE'RE ENCOUNTERING, SEEM SO VERY STARTLING,
THAT THEY SEEM VERY HARD TO EVER COMPREHEND,
THERE ARE DAYS, THAT WE FEEL, ARE SO VERY UNREAL,
AND WE THINK THAT THIS MAY BE THE END,
BUT THEN WE REALIZE, THAT THIS IS THE WAY,
IN PRISON, YOU CAN'T EVEN EXPECT TO GET, THE TIME OF DAY,
SO I'M ASKING LESS QUESTIONS, AND GETTING FEWER ANSWERS,
TO THE THINGS THAT SEEM IMPORTANT TO ME,
FOR ONE DAY SOON, BEFORE WE KNOW IT, ALL OF US WILL BE "FREE".....

WRITTEN BY: SONNY S. SOBEL,
COLLINS BAY INSTITUTION.

SOMETHING CALLED " IT "

WE LIVE WITH IT, AND HAVE TO HANDLE IT, EACH IN OUR OWN WAYS,
EVERY ONCE IN A WHILE, IT, UPSETS US, PROBABLY ONCE EVERY COUPLE OF DAYS,
MOST OF US TRY TO HIDE IT, AND NOT LET OUR FELLOW MAN KNOW,
SOMETIMES WE FORGET ABOUT IT, BECAUSE WE ARE ON THE GO,
SOMETIMES OTHERS CAN SEE IT, BECAUSE IT, SHOWS A GREAT DEAL,
OTHERS SEEM TO TRY NOT TO SHOW IT; BECAUSE THEY THINK IT'S NOT FOR REAL,
I KNOW FOR ME, IT'S VERY HARD NOT TO SHOW IT,
FOR EVERY ONCE IN A WHILE, I SEEM TO HAVE A FIT,
BUT THEN, OTHER TIMES, IT DOESN'T COME OUT AS MUCH,
AND THAT IS WHEN I THINK OF PLEASANT THOUGHTS, AND SUCH,
FOR WHEN YOU ARE IN A PLACE LIKE THIS, IT SEEMS TO BE ALWAYS THERE,
IT, NEVER LEAVES YOU, YOU CAN'T HIDE IT, NOWHERE,
IN YOUR SLEEPING HABITS, AND YOUR EATING HABITS, IT, IS VERY NOTICABLE,
SOMETIMES, IT, MAKES YOU EVEN UNAPPROACHABLE,
IT, SOMETIMES LEAVES YOU FEELING VERY GLAD,
OTHER TIMES, OF COURSE, IT, LEAVES YOU FEELING, VERY SAD,
IT SOMETIMES WANTS TO MAKE YOU LAUGH, OR SOMETIMES EVEN CRY,
SOMETIMES IT, MAKES YOU HAPPY, OTHER TIMES YOU WANT TO DIE,
WHAT IS THIS THING CALLED IT, THAT CAUSES SUCH A COMMOTION,
WHY OF COURSE, MY FRIENDS, I THOUGHT YOU GUESSES, "IT", IS YOUR "EMMOTIONS".....

WRITTEN BY: SONNY S. SOBEL,
COLLINS BAY INSTITUTION.

WHAT IS LOVE ??

IS IT ONLY SOMETHING THAT HAPPENS BY CHANCE,
WITH A WORD OR A SMILE OR A SUDDEN GLANCE,
DOES IT COME SWIFTLY OUT OF THE BLUE,
CREATING AN ISLAND, JUST FOR TWO,
IS IT THE SHARING OF LAUGHTER AND TEARS,
OR IS IT, THE CARING, CARING, THAT LASTS THROUGH THE YEARS,
DOES IT COME GRACEFULLY-BORN ON WINGS,
OR IS IT SLOW GROWING-LIKE HUMAN BEINGS,
IS IT SOMETHING DELICATE, TO BE HANDLED WITH CARE,
OR WILD FREE BLOWING-LIKE DANDELION HAIR,
WHO CAN DEFINE LOVE ? IT'S AN IMPOSSIBLE TASK,
THOSE WHO HAVE LOVED-HAVE NO QUESTIONS TO ASK,
TO THEM, ALL IS UNKNOWN, ALL NEVER UNDERSTOOD,
LOVE IS EVERYTHING, HOPEFUL AND GOOD,
MUSIC AND LAUGHTER; STARS, THE MOON, AND THE SUN,
ALL THINGS THAT ARE BEAUTIFUL, ALL ROLLED INTO ONE,
SHARING, AND CARING, ENDLESSLY GIVING,
LOVE-IN ITSELF-IS A REASON FOR LIVING.....

WRITTEN BY: SONNY S. SOBEL,
COLLINS BAY INSTITUTION.



IT WAS YOU

Late last evening
through the cold and frost,
I sighted something dear
that I thought I had lost.
Over the horizon
on the edge of space
A vision appeared
a bright, glimmering face.
This vision had left me
quite shocked and amazed,
And the less I saw
the more I gazed.
It was you I saw
so far away
Like a radiant glow
Of the sun's sweetest ray.
And it is you my love,
that warms this cold winter's day.
Even though you are
a thousand miles away.
And it was you I saw
On the outer rim of time
For so endlessly do I hope
Once again.....you will be mine.

3 C AND ME

I live in a corridor with eighteen cells
I wake up and go to bed with the sound of bells
I live with men that have nothing left inside
Everything has been taken away from them
Even their pride.

Each day is the same so grey and bleak
You feel so bad most of the time
You can hardly speak
There's nothing to do, no place to go
You walk with a buddy
To and fro

You watch me shrivel up and die inside
It's a dark road leading to nowhere
I've seen men sit down and start to cry
God didn't make us to be locked up inside
He didn't make us so you lose everything
Even your pride.

There must be a road that leads you out of this terrible place
If I ever find it, I'm going to tell the whole human race.

ALLAN HERSCO

WHERE DO I START

I gave my life at the age of twelve
 To a world I could never know
 Would hurt me in such a way
 As to make every man my foe.

Fight and steal and cheat a bit
 And push a little dope
 This was all they left me
 Don't get caught my only hope.

But here I sit writting poems
 To pass away the time
 I didn't have to come to jail
 To write my verse and rhyme.

At twenty-five, I've had my fill
 Of the system and the games
 It's time to pack a lunch
 And try to start again.

Where do I start???????

Bill Shannon

NO AMOUNT

There is no amount of laughing
 Can make you smile inside
 Because when the laughter's over
 The tears are hard to hide.

And no amount of drinking
 Will ever ease the pain
 For after each is finished
 The hurt will still remain.

And no amount of cursing
 Will turn my life from hate
 Cause when I'm finished swearing
 I'm in an awfull state.

We must strive for a future
 And make it on our own
 With the help of '' Administration''
 We'll always be alone.

Bill Shannon

CONVICTS CRY

It is written that a convict is hard
and lives without tears.
But writers can't capture his moments
alone with all his hopes and fears.
Now as I sit here alone in sorrow with
my life throwen away,
I remember my family and friends all
trying to save
A man they thought would repent.
"O, Lord", they would pray, and they
did everyday:
"Please show him the path which is right."
"Show him the way, O Lord, yes through
the valley.
Let not his soul be cast away
Lest he be judged on judgement day.
Now as I sit here in my sorrow, and
and my life is throwen away,
I remember, their pleas.
So don't be bitter against men
such as I,
For even a convict in sorrow will cry.

By Paul Weathers a con in the
Idaho State Pen.

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#



LONELINESS

BEHIND THESE BARS OF PRISON
YOU FEEL ONLY LONELINESS.
YOUR SOUL CRIES OUT TO BE FREE
BUT IT WASN'T MEAN'T TOO BE.

YOU CALL YET NO ONE HEARS
YOU PLEA BUT THEY TURN AWAY
YOU BOW YOUR HEAD AND CRY
DEEP INSIDE YOU WANT TO DIE.

YES TO BE ALONE IN PRISON
IS PUNISHMENT ENOUGH
YET ALONE I'LL STAY MY FRIEND
LONELINESS BEHIND THESE PRISON
WALLS IS MY SIN.

Spike.

"THE LAST RIDE"

Riding down the highway
On a stolen bike
Checked it out behind us,
The cops are not in sight.

Here we'll stop
Behind this tree,
You're quite a looker,
And you are with me.

How beautiful you are
Harley 74,
And a penhead
Could I ask for more.

Someone loves you
To have built you so,
From that springer front end,
To your paint all aglow.

Your engine is perfect
Your chrome unreal,
You are something else
From front to back wheel.

Purr, baby, purr
Come let's go
Just you and I
Down freedom road.

We'll ride on together
A little while longer,
Then home you must go
To let them wonder.

You won't tell
Who took you today.
Who was it loved you
And rode you away.

Go on back
To your rightful owner;
I promise, one day
To build you a brother.



Locked up in Prison

Locked up in prison
The wages of crime,
No one to love me
No one to call mine.

Outside is freedom
Freedom unknown;
Cause I'm just a number
Surrounded by stone.

.....

Long weary hours
I wish I were dead.
Kneeling and praying
Beside a cold cold bed.
Can't see the sunshine
Can't see the rain
Cause I'm just a number
Without any name.

.....

Flowers in sunshine
Flowers in rain.
You play the Queen dear
While I take the blame
For twilight is falling
And I'm all alone.
Cause I'm just a number
Surrounded by stone.



I recieved
 A package to-night,
 and
 When I peeked
 into it's contents,
 A flowing of
 Spring fresh air,
 with,
 Snow caped Rocky Mountains,
 filled my aching soul.

and nested.
 Around all the things
 that means
 The most to me, were there.

Between these, was
 safely guarded,
 Your loving thoughts.
 Concerns from you.

I saw a smile
 or two, among
 the captivities, of
 your eternal happiness.

I noticed later..it had
 been sealed with devotion,
 and faith.
 In the writings were
 your hopes, dreams;

In your blank
 peice of paper there,
 you have,
 Gathering the
 suns dust.

This a thought,
 my evening care.
 and now..
 I rest, to meet
 The new and up-coming day.
 with faith,
 that this package
 Will be there...
 much more.
 To last within me,
 and share...

AS LONG AS YOU LOVE ME

As long as you love me.
I'll stay by your side.
I'll be your companion,
Your friend and your guide.

As long as you love me,
As long as you care;
I'll do anything for you
I'll go anywhere....

I'll bring you the sunshine,
I'll comfort your fears.
I'll gather up rainbows
To chase away all your tears.

As long as flowers....
My love will be true.
For as long as you love me
I'll love you.

John T.

#####

JUST BECAUSE A PATH IS WELL BEATEN IS NO PROOF IT'S
THE RIGHT ONE.....

Exhausting efforts, to live
it all now,
Pushing life into one day,
Slow it all down,
save a little for tomorrow.

Spending time at home,
read a book,
sip some wine
leaving some left, in the glass.

Saving a few moments
for someone special,
Being important
to yourself.

Knowing,
your importance,
is
to someone else.

Saving something
and waiting,
Knowing someone
is waiting upon you.

Sharing a little
with Today,
Knowing,
the importance, of Tomorrow...

BY:William Renstrom

Silent Feelings

Words fail at times
As they can only express,
But there is a silence
That belongs and lies deep, within.
Just as a flower,
These I feel to share, they're yours to keep.
'Silent Feelings' and great things to share,
They are as the fragrance, of a beautiful rose,
And in the same, a silent way, Love and Care.

Some are the look from deep within,
When you've shared and searched, eye to eye,
Even though you have just over looked, and passed them by.
They are as gentle as the tears,
When it's ment. something others
May find hard to accept,
But lies deep within all hearts of mothers.
They are as graceful as the wind
Blowing softly through you golden hair,
Just as the streams and mountain fresh air.

As miraculous as the leaves,
When they've turned from green to gold,
The same as my silent feelings,
And only some I've told.
They are beautiful, for each of us and those,
That find these silent feelings, and share,
Their beauties, as in this flower,
To smell the fragrances, their all hidden,
The silent feelings, and for you, a rose...

BY:William Renstrom

Street corner lights
Have halos of spectrums,
As softly falling sheets
of snow, seem to mar my views.

Distant spattering, of
squeaking tires, from
cars..blocks back,
Where I shared a cup of coffee
with..,and doing..as..marking time.

Early hours of this mid-week night,
are as the same, when darkness
becomes a streak of, flashing light,
within comes, a memory..

Coldness touching it my toes,
foot prints in the snow,
really never thought, I'd
make it here...,but I did..
it's home..

Dogs talk, from yard to yard,
Snow sleds lay up **against** houses,
Telling all, and again..marking time..
Good time..this time..our time..about time..

Sharing in something, that I've come to know..
My friend, of aloneness..and time..
No..I thought I'd never make it here,
But I did, Denver..
It's good to be back home...

BY:William Renstrom

Camrade Steve Biko

Your death did not surprise me
 you were much too aware
 like all free men...

your black skin rotted free now
 all that remains is your white bones
 their colour your final insult
 to your murderers.

I can picture you there
 in your dark grave
 even though your flesh is gone
 comrades everywhere remember
 and will not forgive or forget

those who don't understand
 will be tormented forever
 there has been much said about you

since that black september day
 the lies the promises remain the same
 your sadistic murderers with their weapons
 and blatant lies.

have brought more guns, more medals
 more pretty uniforms to hide behind
 in their paranoid guilty minds
 you have done much my friend
 their medals of bravery shine no longer

only in anger
 you have made them dull with your blood
 like the chains you were bound to

while they watched you die
 there will be many like you
 who will die
 they will be ridiculed by the pacified fools

your comrades I hear about
 I dedicate to you
 and those strong enough to say they knew
 will help me understand
 and the more hatred I feel with that understanding

THE HARDER I WILL TRY TO BE A FREE MAN

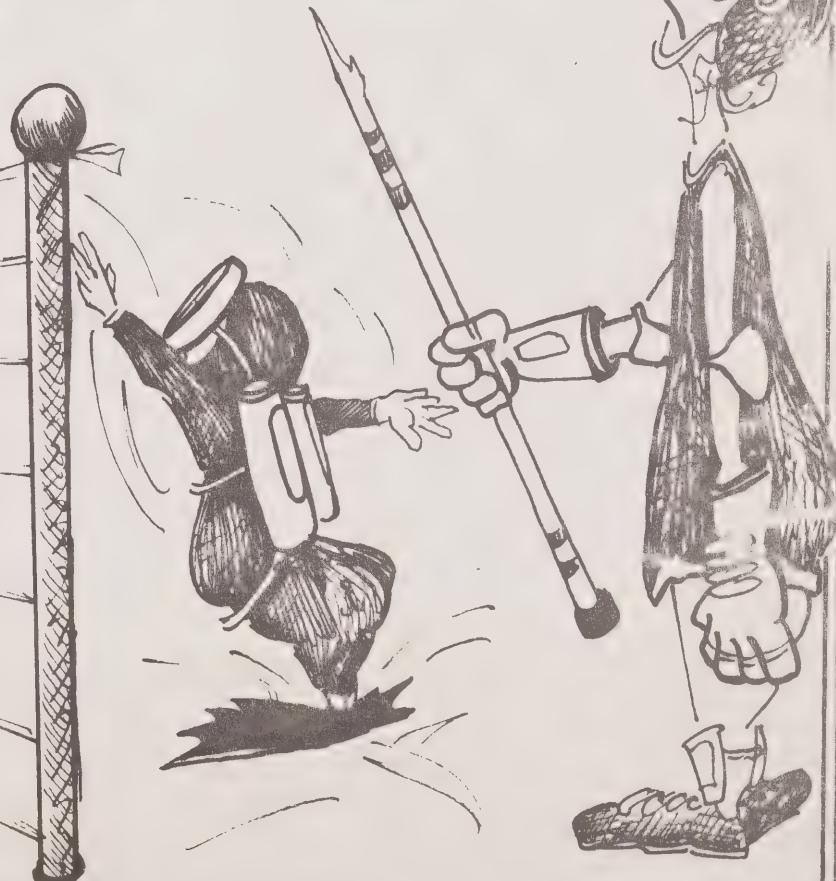


"WHAT DO YOU MEAN, ANOTHER SKIN FAN"

I HAD THREE ALREADY TODAY.



SPORTS



C.B. VS OTTAWAN'S

On January 18th the basketball game between the joint and the street team Ottawan's was played and it was a very exciting game in the first half with the score 31 to 35 for the outside. Luxford for the joint team had 16 points and one free throw. Preston had 2 points along with R. Atkinson. It was Affleck with 6 points and one free shot along with Lemmon 12 points and 6 free throws, who did the scoring for the Ottawan's. There were 16 fouls in the first half for the joint team and 6 fouls for the street.

In the second half the guys here seemed too lose the pace which they carried in the first half of play. We got scoring from Preston 14 points with one free shot and Luxford 10 points. I seen John Prince out playing a strong game and after a few games under his belt Big John will be back too his playing form of old. Old Man Smith was pacing up & down the side lines as usual and I think if all goes well we may have a good chance of the play-offs says Smith.

It was Bill Rogers with 14 points and Paul Lemmon 15 and one free throw in the last half who did the scoring for the Ottawan's. The final score was 63 to 89 for the Ottawan's. I want too thank the guys for giving us a good game too watch and with a few more supporters at the games we should be able too cheer them on too victory.

Your Roaming Sports Editor
Stormin' Normin'

Cupolo's Vs Snartak's

Also on the same night as the CB and Ottawan's game we had the chance to watch two street teams play a basketball game which was very fast and well played. The team of the Cunolo's top basket getter was Jim Crozier with 12 points and 9 on the free throws which totals 21 points. His team mate Barry O'Connor had 14 points and 4 on the free throws. The rest of the scoring was this Mike Bond 8 points and 4 on the free throws, Ron Stenzl 14 points. Wen Gerrod 4 points and Gerry Sherchuk 6 points and 1 free throw.

For the Snartak's there leading scorer was Ken Wells with 12 points and 5 free throws. Ferguson and Randell each had 12 points. Joseph had 5 points Stewart 4 points and the same for James and Campling and Tolliev. Brian Kennedy had 2. There was a total of 22 fouls against the team of Cunolo's and 25 against Snartak's. It was a good game to watch and the player who was really hustling for the Snartak's was number 15 Ken Wells. He has a very good shot from the side and very quick passing the ball. For the team of Cupolo's Jim Crizier and Barry O'Connor real lead there team. Both are good ball handlers and Crozier is good a free throws. The final score was Cunolo's 76 and the team Snartak's 64.

FLOOR HOCKEY SCORERS AS OF

JANUARY 18th, 1978.

	Team	Goals	Assists	Points
1. Pentiluk	The Who	99	40	238
2. McGrayne	The Who	57	36	150
3. D. Atkinson	Red Machine	59	31	149
4. Smith	The Who	43	43	129
5. N. Mallette	Red Machine	41	11	93
6. Guay	Red Machine	30	20	80
7. Boone	The Who	31	13	75
8. Caissy	Red Machine	15	17	47
9. Massey	Red Machine	17	9	43
10. Young	Hornets	18	4	40

NOTE. THERE IS 2 POINTS FOR EACH GOAL AND 1 FOR EACH ASSIST

TEAM STANDINGS AS OF JANUARY 18th, 1978.

Name of team	Played	Won	Lost	Tied	Points
The Who	16	15	1	0	30
Red Machine	18	8	9	1	17
Hornets	16	1	14	1	3

FLOOR HOCKEY

REDMACHINE VS HORNETS JANUARY 18th, 1978.

Well the game started off with a lot of hard hitting and was 6 to 3 for the Redmachine after the first period. It was a well refereed game which was due to the thanks of George Cooper and Joe Vetere. But it started to get a bit out of the reach for the hornets when the Big Red Machine started scoring three goals in a row and the top scorer for them was D. Atkinson with five goals and five assists. Big Stan Massie had five goals and an assist also for the Red Machine. The rest of the scoring went to Guay three goals and three assists, Simmons best known as stonewall Teach got three assists and his defence partner Billy Branton got two assists. In goal for them was Gordie Putnam who stopped many shots and played a very strong game.

The Hornets scoring went like this. Louie Longpiedopp's Lompre had three goals and two assists. Lou is a very good player and really digs for that puck. Donahue had two goals and the rest of the scoring went this way. St. Amour had a goal, Cooper had a goal and an assist. Bad Tom Angrove the strong defence for the Hornets had also a goal and an assist. D. Murin got an assist. With the play offs coming up soon I think the Hornets have a good chance of winning if they can find someone to lead them. Everyone gives there one hundred percent efforts while they are on the floor but to win you must play like a team and not have defence men playing front and front men back. I wish the team great success in the playoffs and who knows I may even play?

So there you have it the final score again Red Machine 16 the Hornets 8. So if you can't be a sport as big Max would say then play checkers. ha.

FLOOR HOCKEY GAME

THE WHO

VS

HORNETS

This Friday night game on January 20th, was a hard hitting fast played one with some beautiful passing plays by both teams. After the first period it was 3 to 1 for The Who. Tramp had a slow start but picked up in the last two period scoring 6 goals and 1 assist. The man who never stops hustling out on the floor for The Who is Brain Mc Grayne. He seems to know just when to pass the puck and has great moves around the defence. And Old Man Smith was knocking people down as usual and yelling at everybody to hustle and keep the puck out of his net. The Who have a very strong defence and Atkinson and Whelan are hard to get by.

For the Hornets the scorers were Donahue with 4 goals and 2 assists. Colbeck had 3 goals and 1 assist. Tommy Angrove the anchor for the team on defence played a strong game and got a goal on a beautiful set up by Murrin. There is a rumour that Bob Young the man who scores goals easily may be coming out of retirement to help the team in the play-offs. If so then they should be a big contender to win and if they get good goal tending from Lalonde it should be quite a play-offs.

So the final score was 13 to 9 for the team

THE WHO.

Your Sports Reporter

Stormin' Normin'.

FLOOR HOCKEY

JANUARY 23rd. 1978.

THE WHO VS RED MACHINE

This game was one of the best played this year and both goalies Gord Putnam and MacKenzie. It was anybodys game up until the last ten minutes when the Red Machine seemed to run out of steam and let The Who start scoring goal after goal. Tramp who has one of the best shots of any body got seven goals and had one assists for the Red Machine. Brian McGrayne had two goals (one which was the game winner). Leo (Where's my towel) Smith got three and three and was really throwing his body around out on the floor. R. Atkinson and Villeneauve also played a strong game.

The Red Machine really gave it a good shot and every one in the stands was behind them. Al (the spinner) Quay had three goals also D. Atkinson had three and three assists. Prince (Gotta go now) had two goals and one assist. The defence for the team has to be one of the strongest with a foursome that really lays on the body. They are Big Bill Branton, Andy (Wrist shot) Simmons, (The Frog) Casey and the newest member of the team who after a couple games is I think going to really play a big part in the play-offs for them is Wayne (In the goal grease) Towers. Gord Putnam played the best I have seen him play in a long time and he really gave his all in the nets. So there you have it and the final score was The Who 16 and Red Machine 10.

Your Sports Reporter

Stormin' Normin'

VOLLEYBALL STANDINGS AS OF JANUARY 20th, 1978.

Team	Points.
Bulk	31
Cosmo's	25
Spartan's	20

Bulk Players	Cosmo's	Spartan's
Melville	Massie Mgr.	Mallette N. Mgr.
R. Atkinson	Longpre	Stemler
Duorak	Gagne	Preston
Lane	Arnold	Mc Farlane
Smyth	Angrove	Otis
Howard	Pezzi	Mc Kenzie
Driver	Zackarkis	Lorande
Villeneuve	Garneau	D. Atkinson.
Perrin	Ramier	
	Cisneros	

WEIGHT ROOM



WEIGHT ROOM REPORTBARBEL ALLEY

by Gerry Goodwin
&
Billy Sugg

Those of you who have ventured near the weight lifting room, you have undoubtly heard the crashing of weights and moans and groans of those participating in the painful sport, weight training. It's quite obvious to the passer by, there is an abondance of enthusiasm for the sport here at Collin's Bay, as the room is utilised to the fullest capacity from opening to closing.

In fact it totally amazes us here at the Avatar that so many individuals are able to pack into such a small area and do so much. Gerry and I have the misfortune to experience the crampness of space every evening and we empathize with each and every lifter.

The administration has alotted the hobby craft room for additional space so that our present crampness will be rectified. It is all to obvious that the hobby craft department are reluctant to move and has been stricken with a case of the LAZIES...as it now has been six months or longer since the move was agreed to. Regardless of this disease, which has fallen upon the hobby craft department, we hope to have both rooms in full swing in the very near future.

Another topic of controversy is the "universial machine" which undoubtedly cost a great deal of money, sits idol collecting dust. We hear though, the mice in this particular room are using the machine and are obtaining great size for there efforts and plan on lifting weights full time. It is quite feasible that in the very near future we humans will have to battle a muscle bound bunch of mice for the benches, barbells and weights.

POISION PEN.....OBSERVATIONS.

Many of you readers are aware of "Too Tall Jones" the defensive end for the Dallas Cowboys. Well, Collin's Bay has a "Two Tall" referring to Wayne Towers who insists upon doing military presses while standing and drives the weights through the ceiling. (In the future Two Tall do your military presses seated!!!!

Another of the more aggressive participants is "Crash Murin", who as of yet, has not been able to get his body going the same way at the same time. The end result being, when Dave is lifting his weights crash to the floor constantly, sending splinters hurling through the air. "GET IT TOGETHER CRASH".

"NEWS FLASH"

"GO GET'EM LA BLANC declares war on abs..."? This news item is a month old and as of yet GO GET'EM hasn't launched his first attack, the end result being, he is still confused as to the identity of a sit up board. What with the two prime specimen's GO GET'EM trains with you would think he'd have launched his first attack many workouts ago.

Doctor Ed Young's patients arrived wearing their flashy sweat suits not long ago, and under the tutelage of Doctor Ed. Stew Carr, Dave Murin and Mike Morris are presently near death. "Hang in there guys it only hurts for the first week!!!!....

"Wings Mathews" we expect will just up and fly from exercise to exercise quite soon!!!! We only ask one question Tim? "Was your mother a vulture"?????.

The Poision Pen now pounces upon Strutting Rick Burns. We would suggest you wear a belt with your pants, but with the amount of excess weight that you are accumulating around your waist, your pants will fit quite soon!!!.

Good News though Rick, we have six more mirrors on order.

Last but not least, ANIMAL MONAHAN deserves mention. Just because you received your new teeth doesn't mean you are able to bite chunks out of 50 pound plates!!! If you continue this practice we will have no alternative but to enter your jaw muscles in the Mr. Olympia Contest.

All kidding aside we are pleased to see the enthusiasm shown by all participants. It is undoubtably one of the most strenuous and time consuming sports in the world. When one is willing to invest the time and pain required, the dividends are most rewarding. We wish each and everyone of you "all the best in your endeavour of obtaining physical fitness through weight training.

A word of warning to all, the Poison Pen pounces upon the least suspecting people. No one has immunity from our roving reporter or should that be reporters for we are many and the pen is mighty!!!!.



IN/CLOSING:

Well there you have it my friends and fellow cons. I would like to thank everyone for their support and for all the help in making this issue possible. I have really enjoyed working with all the guys on the staff and we all have one thing in mind and that's to put out a good rag; so everyone will enjoy and be proud of. In our next issue we hope to have even a better one with interviews of people who are not insiders and if anyone out there would like to have certain questions asked at these interviews; please send them up.

The reason for this issue being done with two months in one is to give us time to prepare a format for the monthly issues to follow. Also being that I took over this job in the middle of January and I must say the size of this issue makes up for any issues not printed. So I must go and wake up Dennis and see how Gerry and Sugg are doing on the POISON PEN for our next issue also stop STORMIN' NORMIN' long enough to talk with him. After this I must get Billy Pennell and toke and a half Beaudion and go to church (They need help) and take Elvis along too!!! Big Bopper needs a new pair of scissors for his cut-out dolls also.

So as you see I must take good care of my staff because without them we would all suffer a great loss, and that being, we would not have this great paper the Avatar. I hope you all enjoy reading it and if you like it or hate it lets us know and if the haters out number the likes we will look for a new job. ha. Thank you!!!!

P.S. Thank you Sonny Sobel
for the poems. I found
them very interesting
and I think everyone
will agree.

Your Friend & Editor
Bob (Spike) Young.



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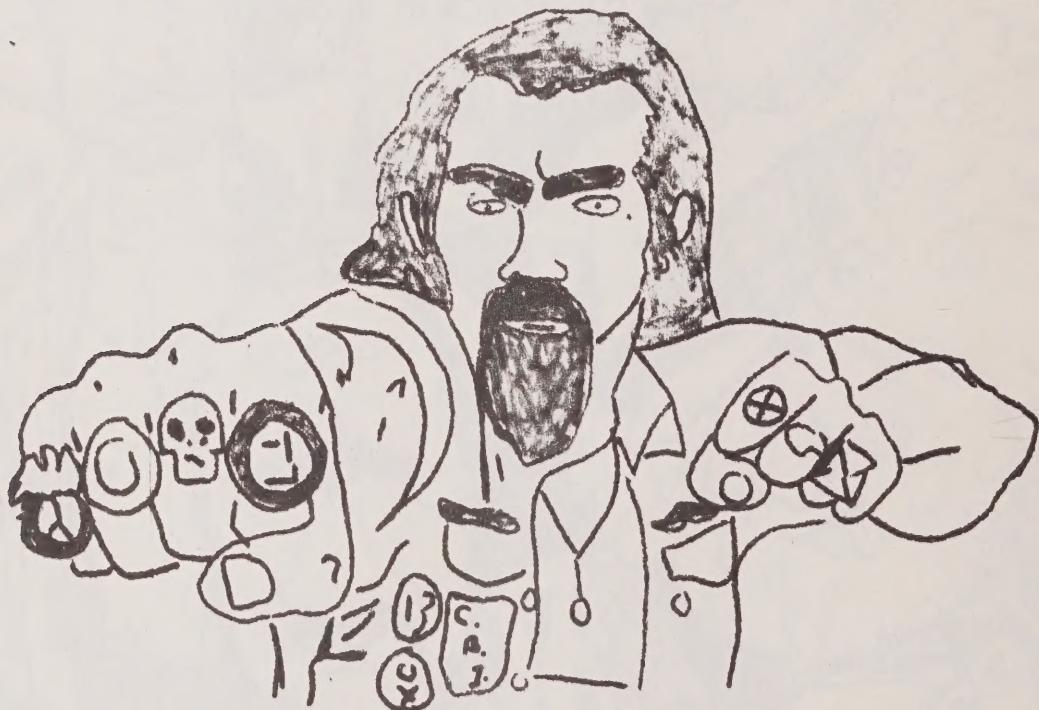
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